Body & Soul

ERICA SAKURAZAWA

X TAKUMI TERAKADO

BODY & SOUL

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Body & Soul vol.1

DOCTOR TAKU'S RECIPE TO HAVE A "LONGING BODY"

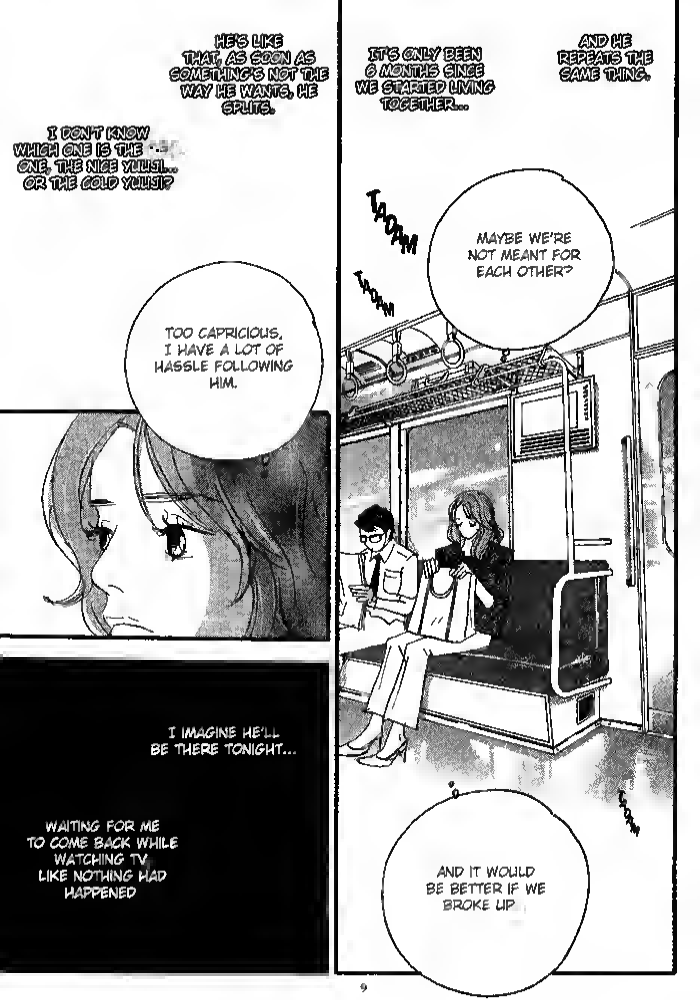
#1

"SOME GOOD SWEAT FOR SOME GOOD LOVE"

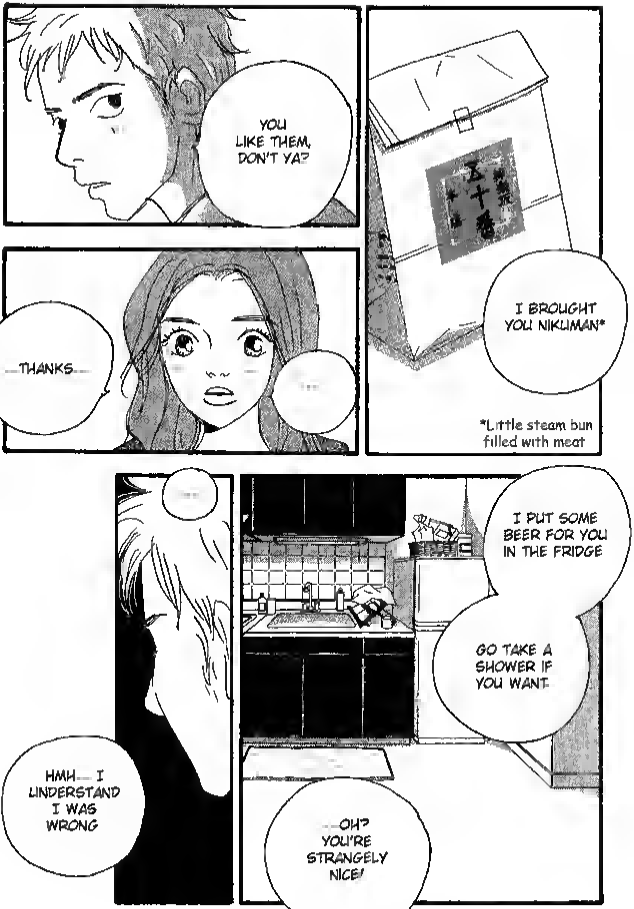
One of the most important things to be happy about is sweating. Sweating a lot is effective for a lot of things: headaches, painful shoulders, irritations... As soon as your health begins to be less than usual, so believe me, force yourself to sweat.
So, the best way, by far, is the sitzbath (cf p.128). This bath so pleasant for a person used to physical exercises but can be painful for the ones who rarely sweat, and who have degenerated sweat glands* (*the glands that permit our body to sweat). To these people, I recommend what I call the "corporal shabu shabu": prepare water at 47°C (we can just dip our hand in it). Hold your nose and frankly plunge your head into it entirely for 5 to 10 seconds, bringing your head out sharply. Immediately surround yourself entirely with a towel or a bathrobe making your entire body stream with sweat. Your sweat glands seem panic stricken and, under the impact, the thermal sensors of the skin release a lot of sweat. This reflex stimulation dopes the sweat glands, improves the immunological capacities and makes it easier for the reinforcement of all the epidermal protection system. Be confident that that'll largely make your love life better.

AND IT'S BEEN LIKE THIS FOR SEVERAL DAYS.
THIS MORNING I WOKE UP WITH A TERRIBLE HEADACHE...
AGAIN A HEADACHE?
ASPIRIN 500 mg
YOU SEEM TIRED, MIKU?
YOU JUST DON'T SLEEP ENOUGH
YOU SHOULD RELAX ON THE ASPIRIN YOU TAKE WITH YOUR COFFEE.

There're consequences! The other day, on the TV, they spoke about it, I wish you'd of seen it!
...
WHAT'S THE MATTER?
LET'S HOPE IT ALL ENDED IN THE STOMACH-.
IT REALLY GETS ON MY NERVES.
I'VE GOT A HEADACHE CAN'T SHE STOP PESTERING ME!..
YUUJI DIDN'T COME BACK HOME SINCE OUR LAST ARGUMENT, 3 DAYS AGO.


AND HE REPEATS THE SAME THING.
IT'S ONLY BEEN 6 MONTHS SINCE WE STARTED LIVING TOGETHER...
MAYBE WE'RE NOT MEANT FOR EACH OTHER?
TADAM
TADAM
AND IT WOULD BE BETTER IF WE BROKE UP.
TADAM
HE'S LIKE THAT, AS SOON AS SOMETHING'S NOT THE WAY HE WANTS, HE SPLITS.
I DON'T KNOW WHICH ONE IS THE ONE, THE NICE YUUSUI... OR THE COLD YUUSUI?
TOO CAPRICIOUS, I HAVE A LOT OF HASSLE FOLLOWING HIM.
I IMAGINE HE'LL BE THERE TONIGHT...
WAITING FOR ME TO COME BACK WHILE WATCHING TV LIKE NOTHING HAD HAPPENED

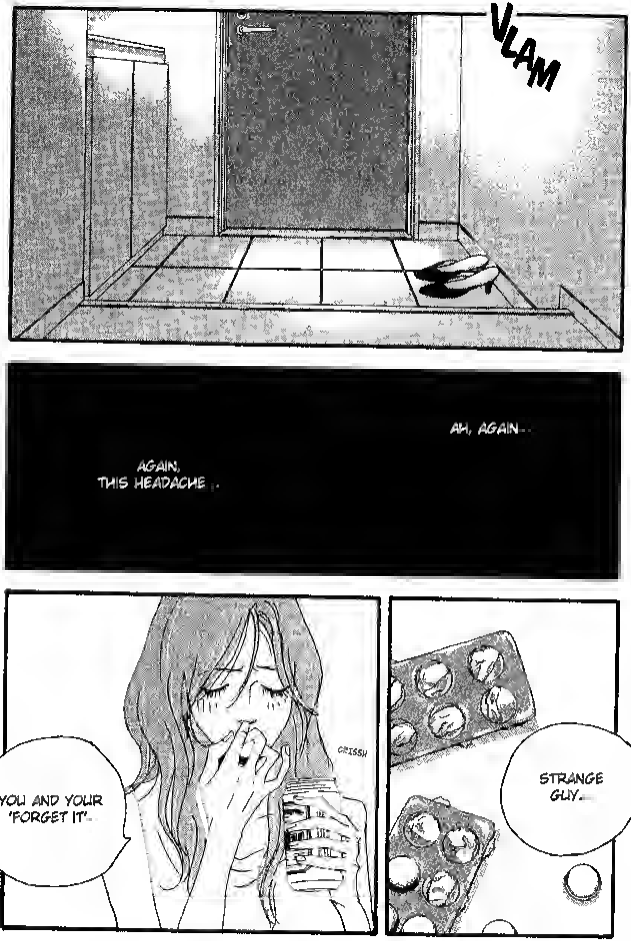
AND IF WE HAVE SEX, EVERYTHING WILL BE LIKE BEFORE.
WE'LL EAT IN AN AWKWARD ATMOSPHERE...
THEN...
AH...
HI...
EXACTLY WHAT I SAID!
— EVENIN'
JUST LIKE A ROBOT...
BY THE WAY—


YOU LIKE THEM, DON'T YA?
I BROUGHT YOU NIKUMAN*
*Little steam bun filled with meat
...THANKS...
I PUT SOME BEER FOR YOU IN THE FRIDGE
GO TAKE A SHOWER IF YOU WANT
HMH... I UNDERSTAND I WAS WRONG
...OH? YOU'RE STRANGELY NICE!

I'M SORRY, MIKU-CHAN
FROM NOW ON, I'LL MAKE AN EFFORT, I PROMISE
TOWARDS MY JOB, TOWARDS YOU
YUUJI
TU LU LU TU LU LU
The march of Mickey Mouse's club

THIS SONG? FOR YOUR WORK, WASN'T IT TITANIC?
HUH? YUP— BUT I CHANGED IT. I DIDN'T TELL YOU?
TU LU LU
YUUJI... YOUR PHONE, DON'T YOU HEAR IT?
I DON'T CARE, IT'S PROBABLY FOR WORK
MIKU... WANT TO GO TO THE BED?
SHADY...!
...NO.
REALLY SHADY...!!
I DON'T FEEL LIKE IT.
WHY?

...
WHAT'S THE MATTER WITH YOU?!
THROW
HUMPH, FORGET IT..


VLAM
AH, AGAIN...
AGAIN.
THIS HEADACHE...
GRISSH
YOU AND YOUR 'FORGET IT'...
STRANGE GUY...

I'VE HAD ENOUGH OF THIS GUY WHO ONLY DOES WHAT HE WANTS
AH, IF ONLY EVERYTHING COULD COME TO AN END, WITH THAT MY MIND WOULD BE AT EASE...

WHY, I CAN'T?
LEAVE ME ALONE, I DON'T FEEL WELL
I BET YOU'RE NOT DRINKING ENOUGH
HEY, YOU'RE BY YOURSELF?
DRINK MORE AND YOU'LL FEEL IN FORM
COME ON, WE'LL DRINK SOME WHISKY NOW
...Don't touch me, please...
IF YOU DON'T FEEL WELL YOU SHOULD GO HOME AND SLEEP

I DON'T FEEL WELL....
WOUAH!!
...UELURK!
CLANC
WHAT BUSINESS IS IT OF YOURS, YOU?
...

RRHEUUH!
RHUEH!
YOU FEEL BETTER?
HOLD ON, RINSE OUT YOUR MOUTH AGAIN.
OUUHUUH!
EURHK!

HEY. WHERE DO YOU LIVE? I'LL TAKE YOU HOME
OUCH!
DON'T CRY...
...RK!
I DON'T WANT...
HUH?
YOU'D BETTER GO HOME NOW
I'M READY TO DROP...
I DON'T WANT TO GO HOME...
HUH?
...ON YOUR BACK...
CARRY ME...

Re...ily...
...
YOU SHOULDN'T SLEEP HERE, HEY!!

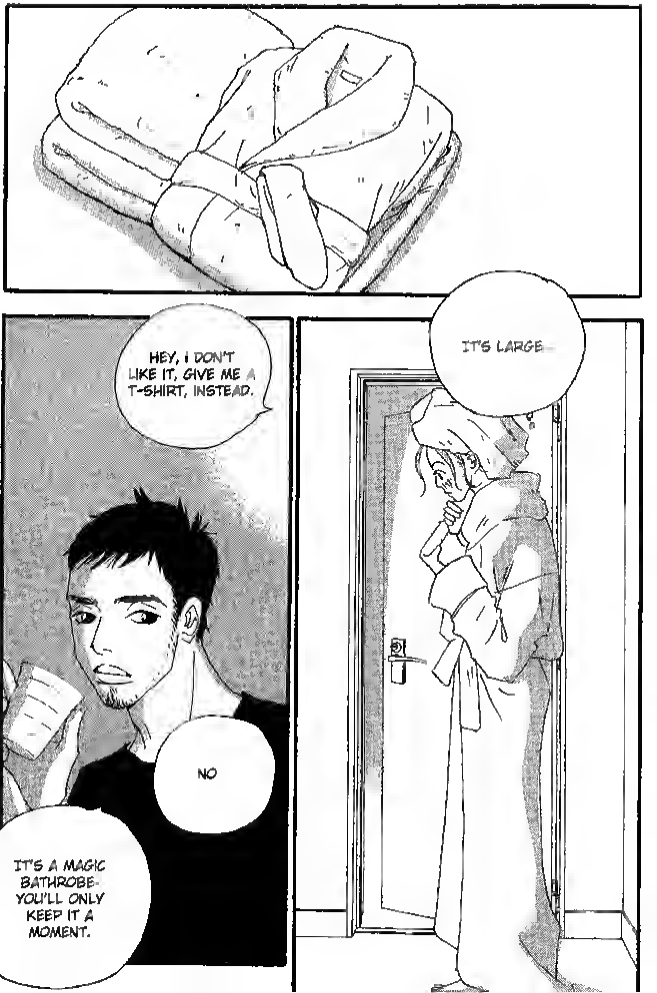
HEADACHE, PAIN...
WHERE DID I PUT MY ASPIRIN, ALREADY?
AH!
AWAKE?
MY CLOTHES...
WELL, I ALLOWED MYSELF... SINCE ALL YOUR CLOTHES WERE COVERED IN VOMIT...
WE'RE AT MY HOME
I THOUGHT TO MYSELF THAT YOU'LL BE BETTER HERE THAN IN THE CLUB BATHROOM

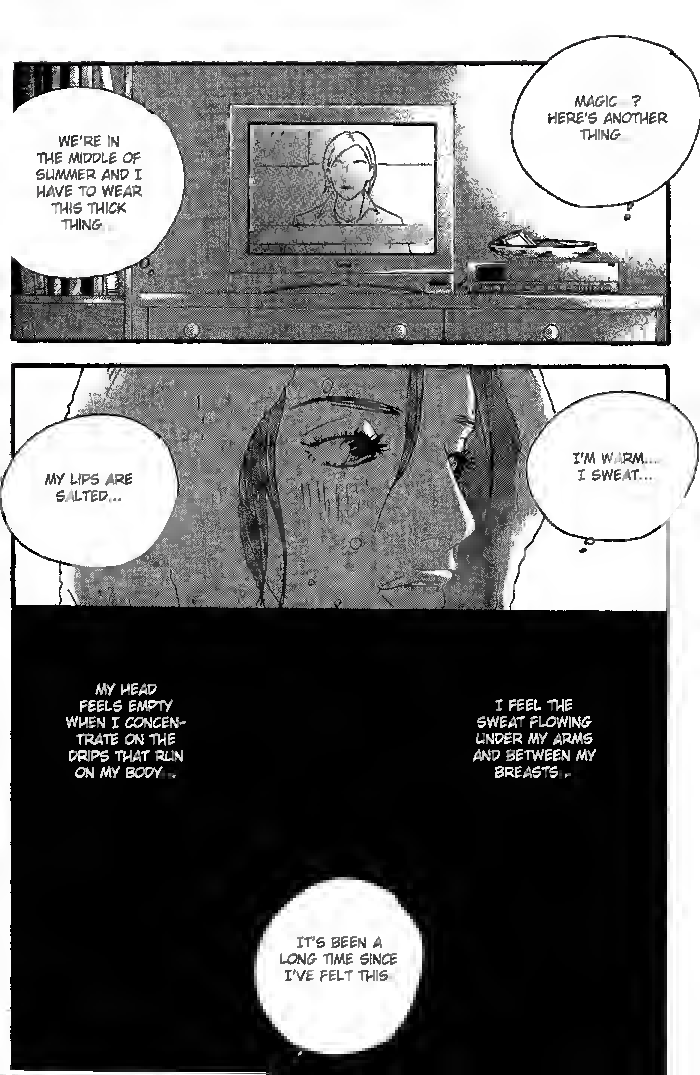
I'LL MAKE YOU A GREEN TEA.
THE BATH IS STILL NOT READY, WAIT A WHILE
TEA?
YOU DON'T HAVE A TONIC, INSTEAD?
—AH, THEY'RE NOT HERE!
—YOU WANT TO DRINK AGAIN?
WHAT?
DRAT. I LEFT THEM AT THE CLUB—.
MY ASPIRIN.

OBVIOUSLY .
NOT SURPRISING THE ALCOHOL DIDN'T AGREE WITH YOU.
YOU KNOW ANOTHER WAY?
I'VE HAD A HEADACHE SINCE THIS MORNING.
YOU'RE STUPID, REALLY STUPID!!
WHAT YOU DID IS A REAL INVITATION TO BE RAPED
BY THE WAY, IF WE RAPED YOU, YOU STILL WOULDN'T NOTICE IT.

FIRSTLY, I'M NOT SO MUCH COMPELLED TO SLEEP WITH A BLIND AND DRUNK GIRL.
YOU! YOU DIDN'T HAVE AN ULTERIOR MOTIVE WHEN YOU BROUGHT ME HERE DID YOU?
--WHO ASKED TO BE CARRIED, ME?!
NOT EVEN TRUE!!
--BASTARD--
YOU SHOULDN'T HAVE BROUGHT ME HERE IF YOU DIDN'T WANT TO--!!
BUT IT IS TRUE! YOU FORGOT, THAT'S ALL

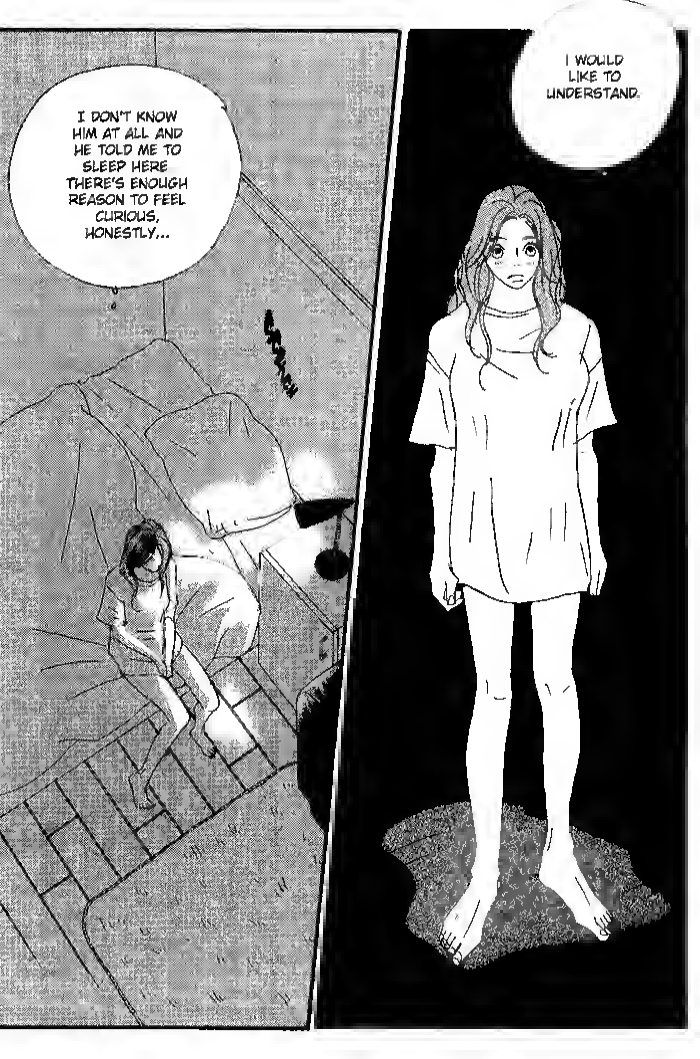
AAAH!
SPLASH
IT'S HOT! OUCH! HEY, I'LL GET BURNED!!
YOU CRAZY OR WHAT?!
!!
HOP
SHUT UP AND DON'T MOVE ANYMORE!
YOU STINK OF VOMIT FROM HEAD TO TOE


IT'S LARGE...
HEY, I DON'T LIKE IT, GIVE ME A T-SHIRT, INSTEAD.
NO
IT'S A MAGIC BATHROBE- YOU'LL ONLY KEEP IT A MOMENT.


WE'RE IN THE MIDDLE OF SUMMER AND I HAVE TO WEAR THIS THICK THING...
MAGIC...? HERE'S ANOTHER THING...
MY LIPS ARE SALTED...
I'M W..RM.... I SWEAT...
MY HEAD FEELS EMPTY WHEN I CONCENTRATE ON THE DRIPS THAT RUN ON MY BODY...
I FEEL THE SWEAT FLOWING UNDER MY ARMS AND BETWEEN MY BREASTS...
IT'S BEEN A LONG TIME SINCE I'VE FELT THIS...

AH!
THE BATHROBE IS FULL OF SWEAT..
WELL, IT'S TIME.
HOLD, A CHANGE OF CLOTHES.
ALL THE FEELINGS AND THE IRRITATION YOU HAD UNTIL NOW...
AND THIS WEIGHT, IT'S JUST...
I FEEL LIGHTER.
HE'S RIGHT...
WELL, NOW...

I NEED TO GO YOU CAN SLEEP HERE IF YOU WANT.
YOU JUST HAVE TO LOCK THE DOOR BEHIND ME.
HUH?! HEY, NOT SO QUICKLY!
BECAUSE, I DON'T KNOW YOU!!
THAT'S TRUE.
SO, GOOD NIGHT!
BAM
CALL ME A MAGICIAN.


I DON'T KNOW HIM AT ALL AND HE TOLD ME TO SLEEP HERE THERE'S ENOUGH REASON TO FEEL CURIOUS, HONESTLY...
I WOULD LIKE TO UNDERSTAND.

.TOO LONG
BECAUSE I FELL
ASLEEP STRAIGHT
AWAY.

AND WHEN I
OPENED MY EYES,
MY HEADACHE HAD
VANISHED LIKE A
DREAM.

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Shoujo Manga Maniac
http://s15.invisionfree.com/Shoujo_Manga_Maniac

Body & Soul vol.2

Doctor Taku's recipe to have a "longing body."

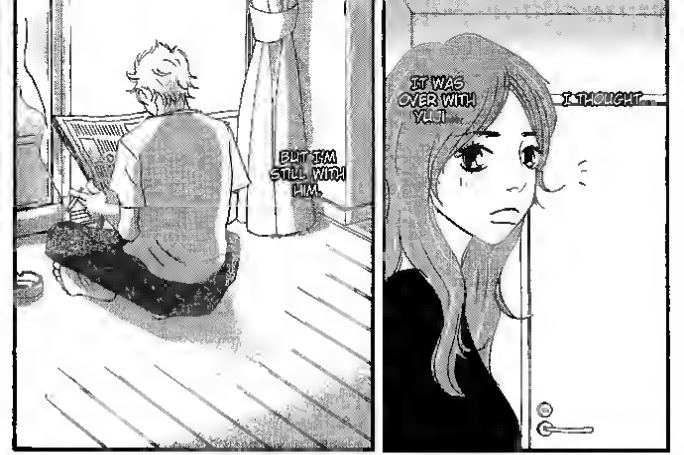
#2

Your period is the spokesperson for your body.

Periods are like dialyses that the body does at regular intervals - meaning they eliminate the blood and the body's surplus elements, thus contributing to a woman's appeal. Surprisingly, though, the periods can change to be the feelings' spokesperson.

For example: you probably know that upon finishing university studies, a lot of women break up with their boyfriends. It's true; most of them are attracted by the stability they can feel near a man they met at work, and only see an immature person in the guy they went out with when they were at the university. However, there are some people that still passively continue a kind of relationship where they haven't been in love for quite some time, and some of them see their periods stop. It's like their ovaries notice: "this boy isn't the right one". It's in this way that the lack of love is translated by the stopping of periods. The contrary also exists, and a girl that suffers painful or irregular periods will suddenly see all of these ailments disappear when she meets the one with whom she'll live. The only explanation lies in the ovaries, which can recognize the right guy. So be careful, and don't underestimate your periods.

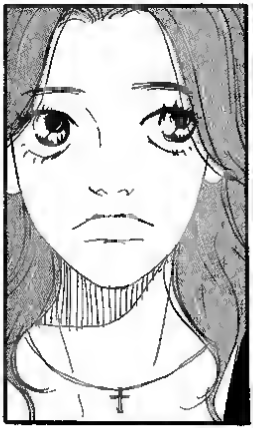
FLUSH
STILL NOTHING...
I JUST REALIZED THAT I'M ALREADY A WEEK LATE THIS MONTH.
THIS HASN'T EVER HAPPENED TO ME


BUT I'M STILL WITH HIM.
IT WAS OVER WITH YU...!
I THOUGHT...

IT WOULD BE HORRIBLE IF I WERE PREGNANT NOW!
SO EVEN THOUGH I DON'T LIKE HIM, I DON'T DO ANYTHING ABOUT IT
I KEEP TELLING MYSELF THAT "BREAKING UP MEANS MOVING".

A JOB IN ADVERTISING REQUIRES TOO MUCH WORK, DON'T YOU THINK?
IF I WERE A GIRL, I'D LOOK FOR AN EASIER JOB WHERE I ONLY HAD TO WORK 9 TO 5
AN IMPORTANT REASON TO [illegible] HIM.
I NEED TO HAVE...
I HAVE A MEETING TODAY, SO I'LL BE A BIT LATE.
YOU'VE BEEN SAYING THAT ALL WEEK

LET'S PRAY THE WORST DOESN'T HAPPEN.



WHAT DID I JUST HEAR?

AND IT'S AN ETERNAL FREETER* THAT TOLD ME THAT!

AN IMPORTANT REASON THEN... FOR EXAMPLE...

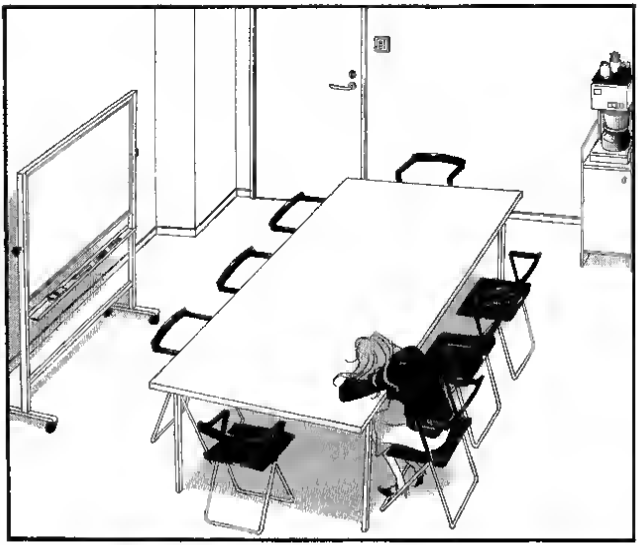
"I LIKE SOMEBODY ELSE."

SOMEBODY ELSE...!

*A FREETER IS A PERSON WHO LACKS FULL-TIME EMPLOYMENT OR WHO IS UNEMPLOYED

YEAH, I JUST BOUGHT IT.
...BUT THAT'S A PREGNANCY TEST!!
WHAT?
MIKU, YOU HAVE A HEADACHE AGAIN?
DON'T TELL ME...
I DON'T BELIEVE IT!
AND IF IT'S POSITIVE, WILL YOU GET MARRIED?
I DON'T SEE WHY I SHOULD!!
RIGHT NOW I DON'T KNOW
BUT IF I DON'T START MY PERIOD IN 3 DAYS, I THINK I'LL TAKE IT

IT DOESN'T CONCERN ME, BUT...
DON'T YOU THINK YOU NEED TO THINK MORE ABOUT YOUR BODY?
IF IT COMES OUT POSITIVE, I'LL HAVE AN ABORTION AND TELL HIM GOODBYE, THAT'S FOR SURE
...I DON'T UNDERSTAND.
WHEN ONE DOESN'T WANT A CHILD, ONE IS USUALLY CAREFUL...



UMM...
IT'S HARD TO HEAR WHAT YOU ALREADY PERFECTLY KNOW.
THE PHOTOCOPIER'S VERIFICATION IS FINISHED!

I FEEL SHATTERED...
KAKO'S WORDS REALLY HIT ME!

...THAT'S NOT IT.
I JUST ATE!
OH, SORRY...
OH, MISS TAJIMA, YOU DON'T LOOK WELL...
MAYBE YOU'RE HUNGRY?
MY FATHER OFTEN SAYS THAT THE BEST WAY TO MAKE A WOMAN HAPPY IS TO MAKE HER TASTE SOMETHING GOOD.
THIS IS FOR YOU.
WAIT...

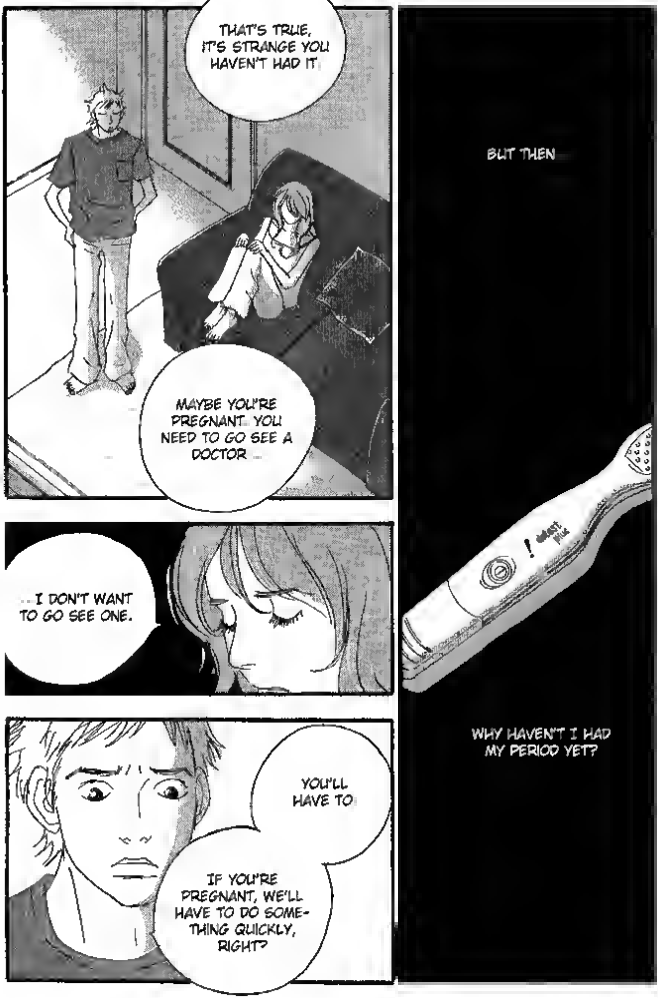
THANKS...
...
...SORRY
I'LL BRING YOU SOMETHING BETTER NEXT TIME.
EVEN IF IT'S JUST A CHOCOLATE BAR, IT'S A GOOD SURPRISE.
TODAY IT JUST HAPPENS TO BE A COINCIDENCE!
IT'S JUST THAT I'M OFTEN OUTSIDE, SO I TEND TO NOT EAT LUNCH
YAMADA...
DO YOU ALWAYS GIVE THIS KIND OF THING TO GIRLS?

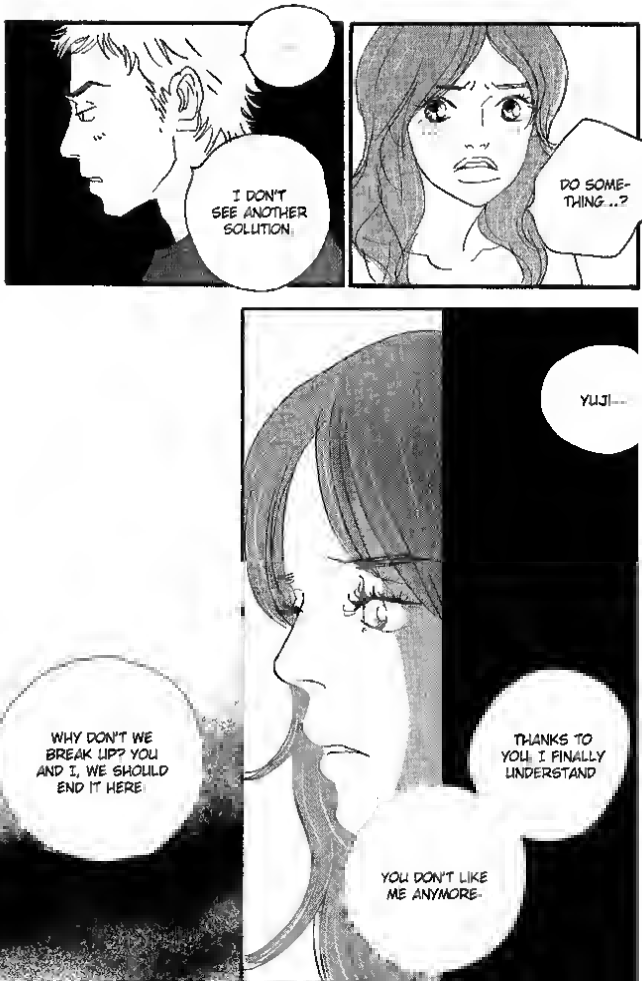
AND IN ANTICIPATION, YOU BRING CHOCOLATE BARS?!
IT'S JUST THAT PEOPLE SAY THAT CHOCOLATE CAN SAVE A MOUNTAINEER WHEN HE'S TAKING ON AN AVALANCHE!
CAN I HAVE A SIGNATURE NOW?
See you!
Well
THE NICE GUY WITH WHOM WE FEEL AT EASE.
MAYBE HE'S THE TYPE OF GUY I NEED THE NEXT TIME AROUND

I FIND HIS CAPRICIOUS, CHILDISH SIDE ATTRACTIVE.
I'VE HAD ENOUGH OF YUJI'S TYPE.
Tadam
I'LL NEVER FALL IN LOVE WITH GUYS LIKE HIM.
AND THE OTHER GUY...
Tadam
Tadam
"I...I'M NOT SO DESPERATE THAT I'D SLEEP WITH A BLIND, DRUNK GIRL!"
I'LL PASS ON HIM, TOO!
I'M NOT INTERESTED IN ARROGANT SHOW-OFFS.

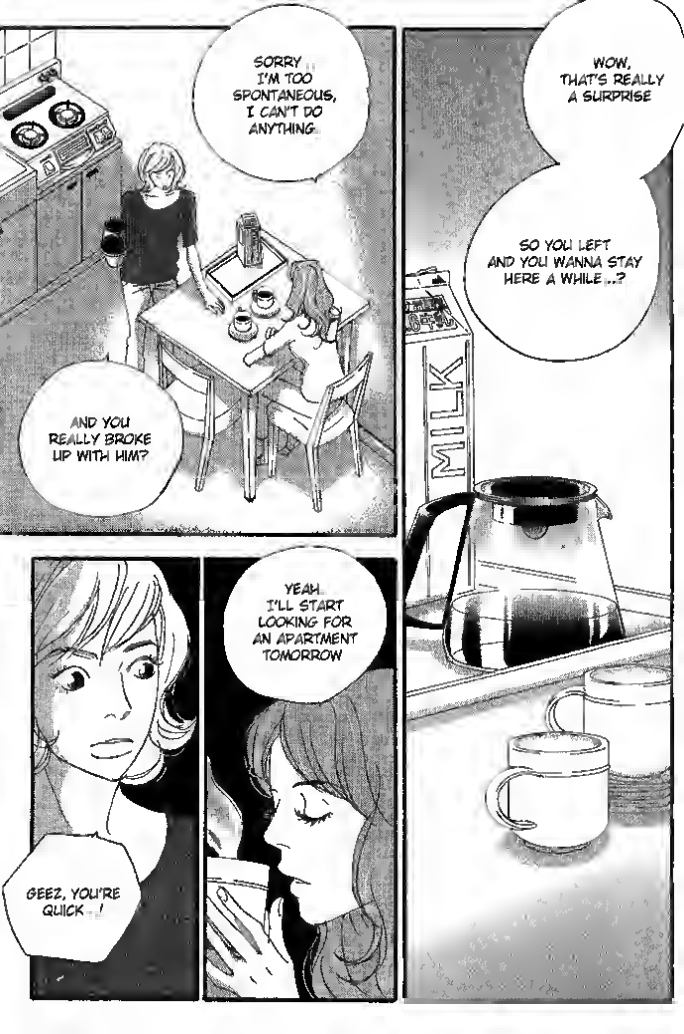
I CAN'T FORGET HOW GOOD I FELT AFTER SWEATING SO MUCH IN THAT BATHROBE...
ALL THE SAME...
IT'S INTERESTING. I HAVEN'T HAD A HEADACHE SINCE THEN
IF I COULD SWEAT LIKE AGAIN...
MAYBE I COULD GET RID OF...
ALL MY CURRENT LITTLE PROBLEMS?

AND IF...
! drugstore test
IT WAS REAL MAGIC?
AHHHHHH, NEGATIVE !!
WASN'T THAT LUCKY..!


THAT'S TRUE, IT'S STRANGE YOU HAVEN'T HAD IT.
MAYBE YOU'RE PREGNANT. YOU NEED TO GO SEE A DOCTOR.
...I DON'T WANT TO GO SEE ONE.
IF YOU'RE PREGNANT, WE'LL HAVE TO DO SOMETHING QUICKLY, RIGHT?
YOU'LL HAVE TO
BUT THEN...
!
WHY HAVEN'T I HAD MY PERIOD YET?


I DON'T SEE ANOTHER SOLUTION.
DO SOMETHING..?
YUJI---
THANKS TO YOU. I FINALLY UNDERSTAND
YOU DON'T LIKE ME ANYMORE.
WHY DON'T WE BREAK UP? YOU AND I, WE SHOULD END IT HERE.

SO IF YOU ARE PREGNANT, YOU WANT ME TO PROSTRATE MYSELF AT YOUR FEET AND ASK YOU TO HAVE THE BABY?!
YOU'VE GOT NERVE!
WHETHER I'M PREGNANT OR NOT ISN'T THE ISSUE HERE.
I MEAN IT DOESN'T MAKE ANY SENSE TO CONTINUE IF WE NO LONGER FEEL ANYTHING FOR EACH OTHER.
PERSONALLY, I DON'T LIKE YOU ANYMORE
THAT'S ALL.

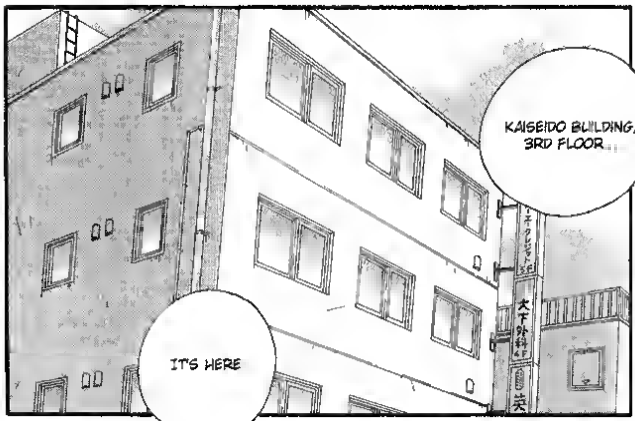

SORRY .. I'M TOO SPONTANEOUS, I CAN'T DO ANYTHING
AND YOU REALLY BROKE UP WITH HIM?
WOW, THAT'S REALLY A SURPRISE
SO YOU LEFT AND YOU WANNA STAY HERE A WHILE ..?
MILK
YEAH. I'LL START LOOKING FOR AN APARTMENT TOMORROW
GEEZ, YOU'RE QUICK ..!

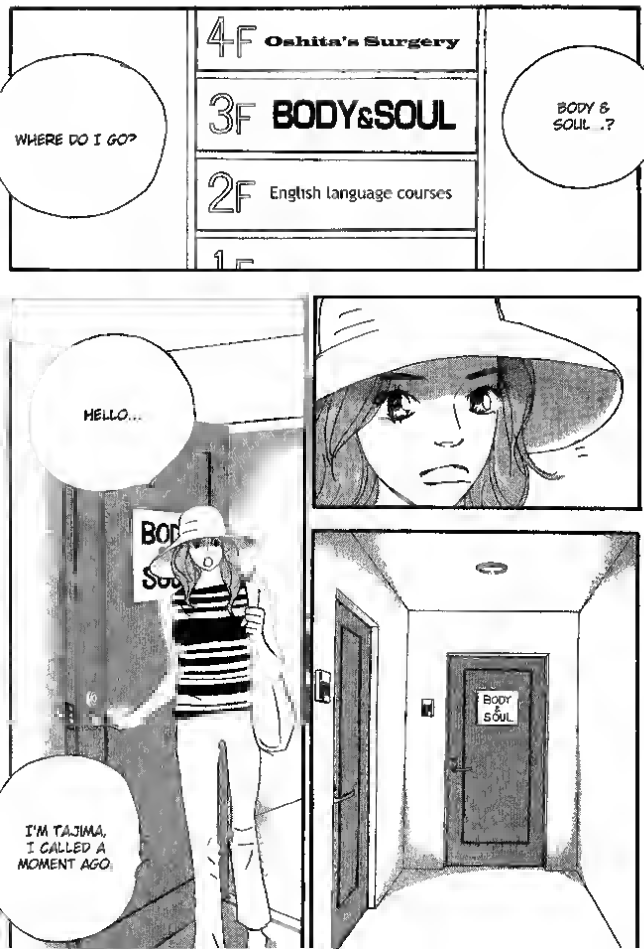
I ALSO WENT TO SEE A DOCTOR.
LIKE I THOUGHT, I'M NOT PREGNANT.
BUT, HONESTLY, IT'S ALREADY BEEN TWO WEEKS... AND YESTERDAY MY WAIST REALLY HURT.
I'M JUST A LITTLE LATE. IT SEEMS I'M UNDER STRESS.
MILK
YOUR WAIST...
OH, I REMEMBER I HAVE A FRIEND WHO GOES TO A CLINIC NEAR HERE
STRESS, HUH...

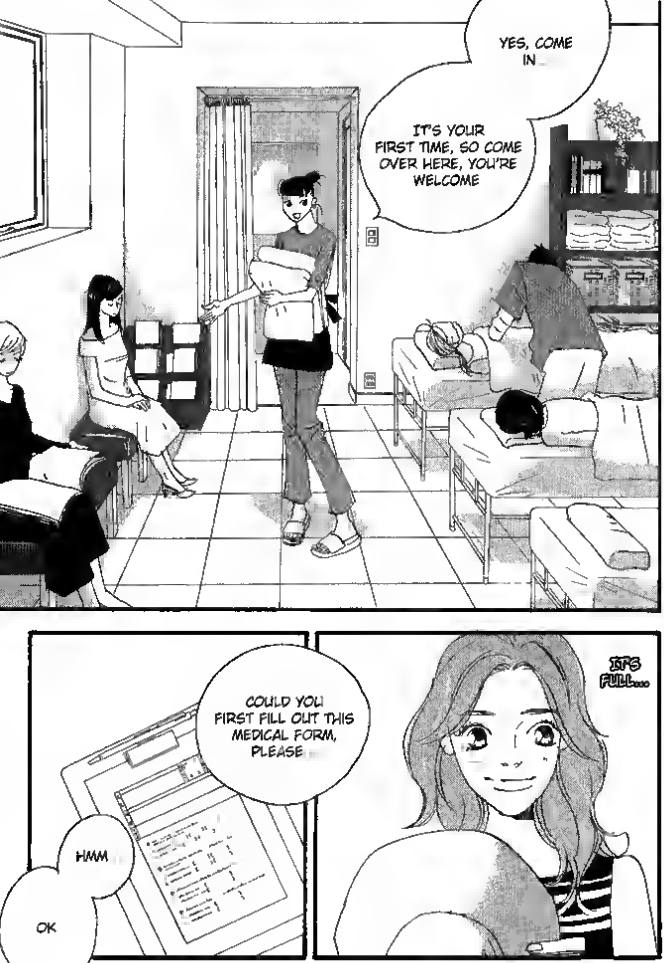
"I DON'T LIKE YOU ANYMORE."

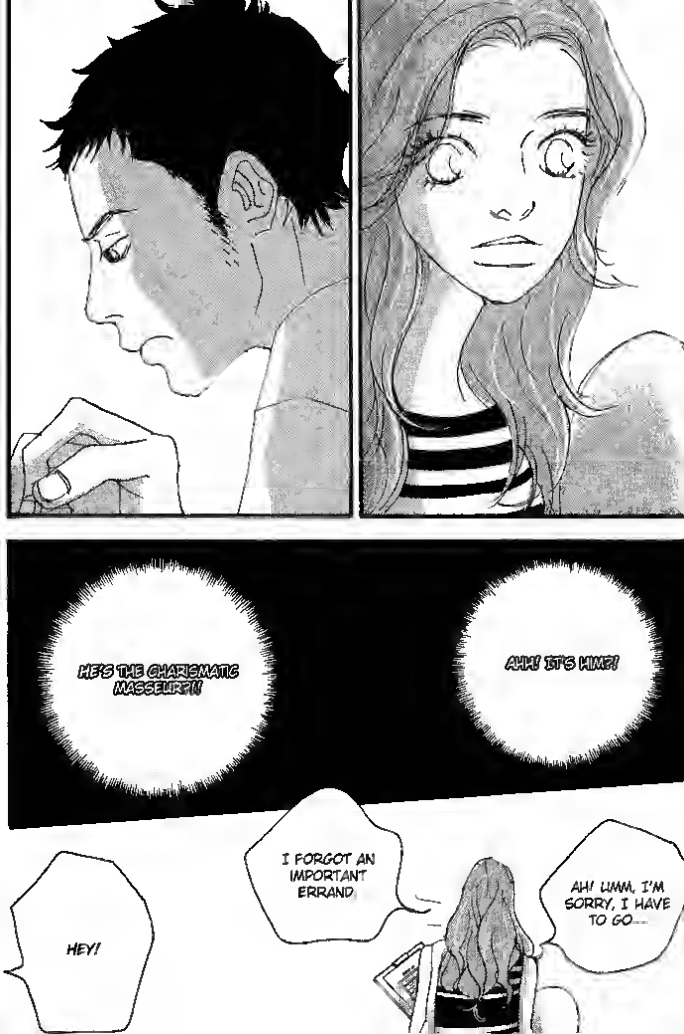
NOT EVEN A DEEP REASON FOR THAT.

THIS TIME, I REALLY FEEL IT.
MAYBE THE MASSAGES WILL MAKE YOUR PERIOD START AGAIN!
HMM, MAYBE I SHOULD GO THERE
MILK
A CHARISMATIC MASSEUR WORKS THERE AND HE CAN CURE ABSOLUTELY EVERYTHING...
MY FRIEND HAS TERRIBLE LOWER BACK PAINS BUT SHE SAYS THAT SHE FEELS GREAT EACH TIME SHE SEES HIM




WHERE DO I GO?
4F Oshita's Surgery
3F BODY&SOUL
2F English language courses
BODY & SOUL ..?
HELLO...
I'M TAJIMA, I CALLED A MOMENT AGO.
BODY & SOUL


YES, COME IN
IT'S YOUR FIRST TIME, SO COME OVER HERE, YOU'RE WELCOME
IT'S FULL...
COULD YOU FIRST FILL OUT THIS MEDICAL FORM, PLEASE
HMM
OK

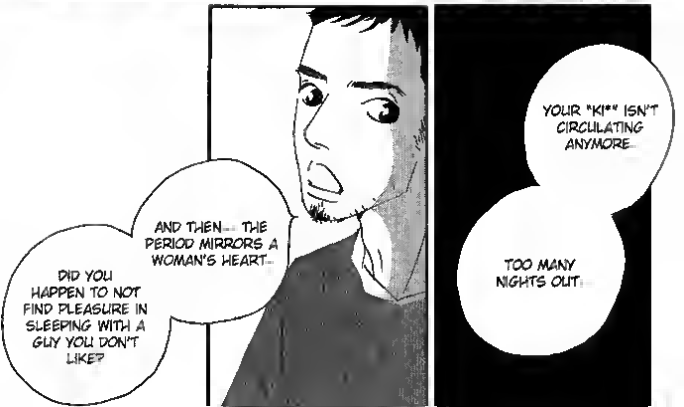

HE'S THE CHARISMATIC MASSEUR?!!
AHH! IT'S HIM?!
HEY!
I FORGOT AN IMPORTANT ERRAND.
AH! UMM, I'M SORRY, I HAVE TO GO...

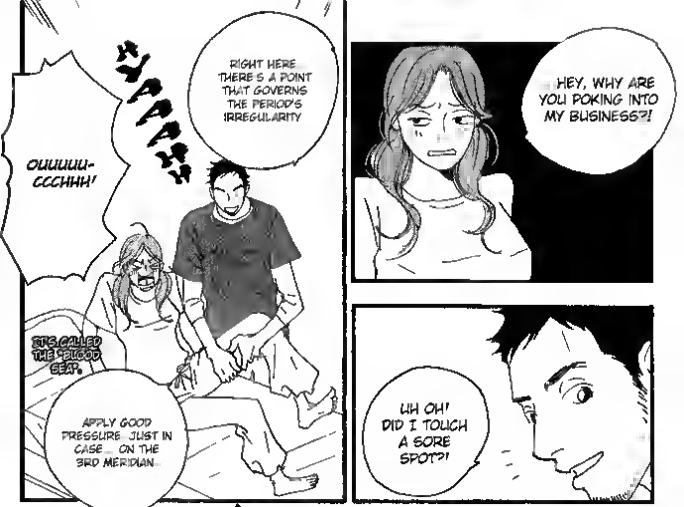
WHAT A SURPRISE!
BUT HOW DID YOU FIND OUT I WORK HERE?!
EXCUSE ME, I'M LEAVING
IT'S REALLY NICE OF YOU TO GO THROUGH THE TROUBLE OF SEARCHING!
WAIT. HOLD ON A MINUTE...
IF YOU'RE HERE, IT'S BECAUSE YOU DON'T FEEL WELL SOMEWHERE RIGHT?
YOU...!! YOU'RE KIDDING ME!!
IT'S A COINCIDENCE. A SHEER COINCIDENCE!!

DAMN...
YOU CAN CHANGE HERE...
DO I TO GO AGAIN?
YOU SHOULDN'T HAVE COME FOR NOTHING I'LL EXAMINE YOU
I DIDN'T WANT TO HAVE TO DEAL WITH THIS OAF ANYMORE...
NOW IT'S UP TO US.
LET'S SEE

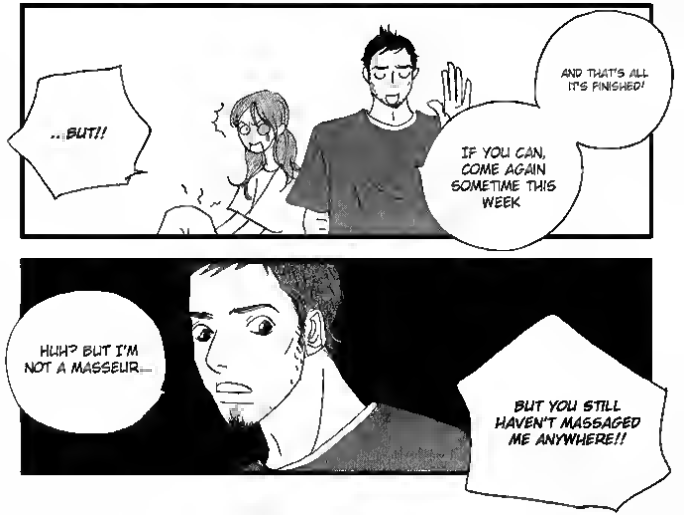
YOUR PERIOD IS TWO WEEKS LATE...
LUMBAR VERTEBRA PAINS...

HMM, I SEE.
AND WHAT DO YOU SEE?


YOUR "KI" ISN'T CIRCULATING ANYMORE.
TOO MANY NIGHTS OUT!
AND THEN... THE PERIOD MIRRORS A WOMAN'S HEART.
DID YOU HAPPEN TO NOT FIND PLEASURE IN SLEEPING WITH A GUY YOU DON'T LIKE?

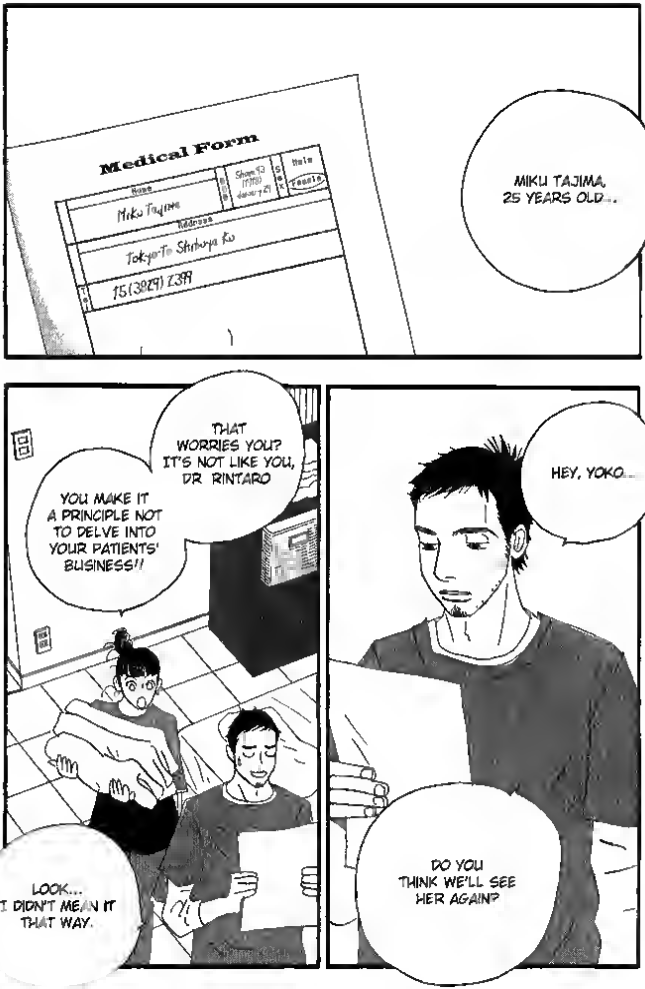

RIGHT HERE... THERE'S A POINT THAT GOVERNS THE PERIOD'S IRREGULARITY
AHHHH
OUUUUUU-CCCHHH!
IT'S CALLED THE "BLOOD SEA".
APPLY GOOD PRESSURE. JUST IN CASE... ON THE 3RD MERIDIAN.
HEY, WHY ARE YOU POKING INTO MY BUSINESS?!
UH OH! DID I TOUCH A SORE SPOT?!

↑ DON'T LAUGH. IT HURTS TO THE POINT OF CRYING


...BUT!!
IF YOU CAN, COME AGAIN SOMETIME THIS WEEK
AND THAT'S ALL IT'S FINISHED!
HUH? BUT I'M NOT A MASSEUR...
BUT YOU STILL HAVEN'T MASSAGED ME ANYWHERE!!

AH...
BY THE WAY...
IT'S FINE I HAVE OTHER PATIENTS WHO'RE WAITING, SO GO CHANGE QUICKLY
!!
YOUR BODY IS REALLY COLD DON'T FORGET TO HAVE A HOT BATH!
ALMOST BOILING HOT, LIKE THE ONE THE OTHER DAY!
I SUSPECT YOU FIND THEM ANNOYING AND ONLY TAKE QUICK SHOWERS.
—

I [illegible] WITH A GUY I [illegible] LIKE EVEN THOUGH THERE [illegible] NO [illegible] IN IT.
LIKE HE SAID...
I DON'T LIKE HIM, BUT I CAN'T STOP MYSELF FROM THINKING THAT HE'S RIGHT
AM I A FOOL OR WHAT...


Medical Form
Name
Miku Tajima
Address
Tokyo-To Shibuya Ku
MIKU TAJIMA, 25 YEARS OLD...
HEY, YOKO...
DO YOU THINK WE'LL SEE HER AGAIN?
THAT WORRIES YOU? IT'S NOT LIKE YOU, DR RINTARO
YOU MAKE IT A PRINCIPLE NOT TO DELVE INTO YOUR PATIENTS' BUSINESS!!
LOOK... I DIDN'T MEAN IT THAT WAY.

IT'S REALLY A PITY, THAT'S ALL
SHE'S CUTE AND YOU'RE ATTRACTED TO HER!!
NO, I TOLD YOU IT'S NOT LIKE THAT!
SHE COULD HAVE A GREAT BODY...
BUT SHE CHUCKS IT ALL AWAY VOLUNTARILY
SHE'S AN EXAMPLE OF A GIRL WHO DOESN'T BELIEVE IN HER BODY'S RESOURCES AND DOESN'T LISTEN TO IT.

WHAT I'M SAYING ..IT'S THAT THIS PERSON IS OBJECTIVELY WONDERFUL!!
Hehe
YOU SEE, IT TORMENTS YOU...
KAKO, IT FINALLY STARTED!
WHAT? AH, I'M HAPPY FOR YOU!
YOU SEE IT WORKS! THE MASSAGE OF THE "MASTER"!
AH...
AT LAST!

OF COURSE! I'M SURE THAT'S IT!
IT'S EXACTLY WHAT I HEARD ABOUT HIM, THE GREAT MASSEUR WHO CURES EVERYTHING!
WHAT?? YOU'RE JOKING...
HE DIDN'T DO ANYTHING TO ME THAT LOOKED LIKE A MASSAGE!
WHAT...?
AS SOON AS I HAVE SOMETHING, I'LL GO THERE, TOO!
I DID AS HE TOLD ME [illegible] MADE AN APPOINTMENT FOR THREE DAYS LATER.
IT'S NOT THAT I WANT TO BELIEVE HIM, BUT...
IS IT [illegible] TO HIM?

BODY AND SOUL

BY: ERICA SAKURAZAWA

CHAPTER 2

TRANSLATED BY:
TAMPOPO24

PROOFREAD BY:
JIN

EDITED BY:
KOSHKA

QC BY:
ETCETERA

Body & Soul vol.3

Doctor Taku's recipe to have a "longing body".

#3

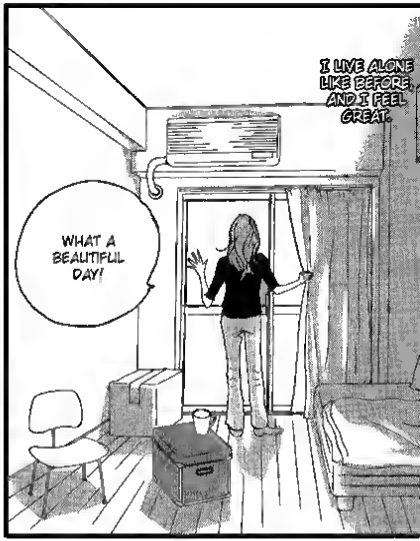
The body is a reflection of the heart.

When everything is ok with your boyfriend, don't you find that your body is also in top form? In contrast, if you're like Miku, who's going out with someone only because she feels sad and alone, then you'll have headaches or irregular periods.

This is because somewhere, inside you, lies the question "doesn't true love bring more fulfillment?" Your uterus feels the discord between your body and heart and tries to alert you. The woman's body is extremely sensitive towards the variations in your feelings. Effectively, your uterus, intimately linked to your body, works like a signal that is directly joined to your heart. When you don't follow the path it wants, it changes the traffic light to red or yellow, as a warning that your form is declining, and vice versa.

With this encouraging message issued by your body, and your heart and body in top form, you won't hesitate to break up with the one who's not for you, and begin a new love story and be audacious. Hearing the signal your body issues, it's learning to understand what we really want.

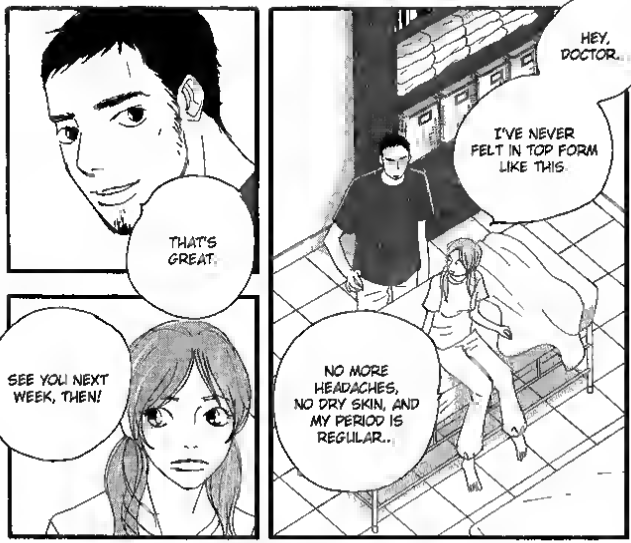
IT WAS THE END OF SUMMER. A GOOD TIME TO START A NEW LIFE.
I BROKE UP WITH HIM AND MOVED OUT.



I [illegible] THAT HIS [illegible] WAS KEEPING ME DOWN TO THIS EXTENT...

TO TELL YOU JUST HOW [illegible] I FEEL.

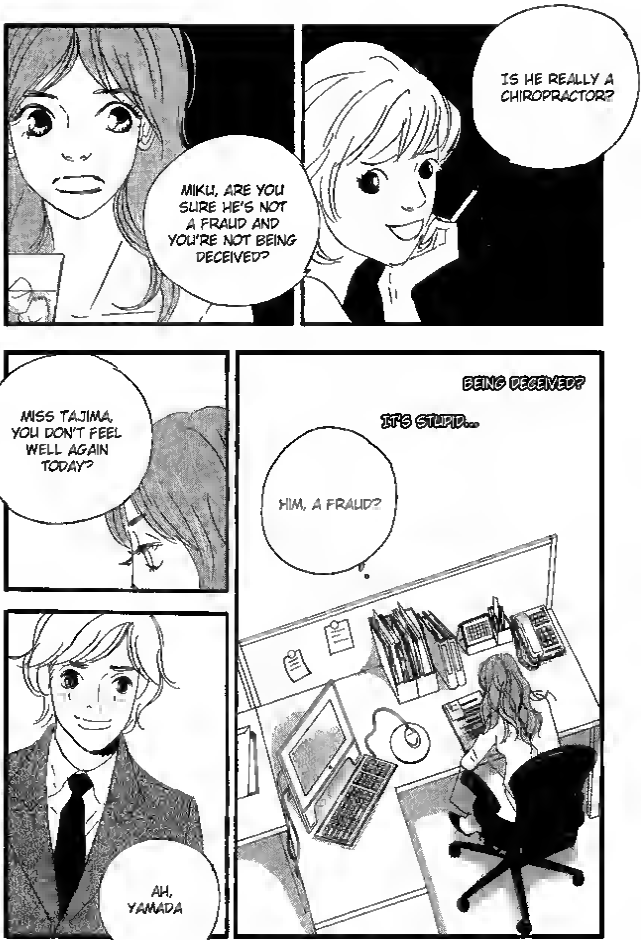
THERE,
I'M FINISHED


THAT'S GREAT.
SEE YOU NEXT WEEK, THEN!
HEY, DOCTOR.
I'VE NEVER FELT IN TOP FORM LIKE THIS.
NO MORE HEADACHES, NO DRY SKIN, AND MY PERIOD IS REGULAR..

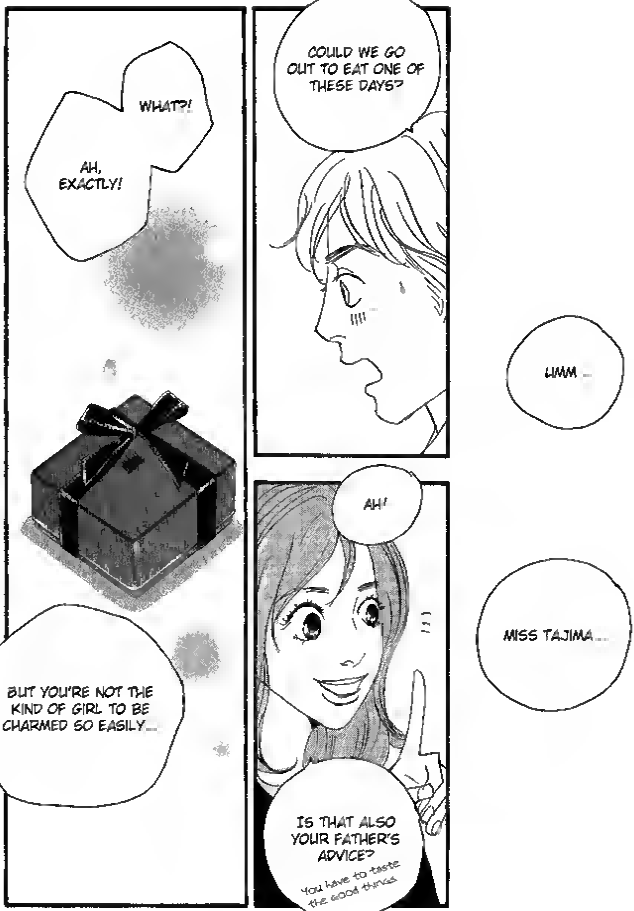
THE "DOCTOR WITH CHARISMA" OPENS HIS MOUTH WHEN HE [illegible] YOU..

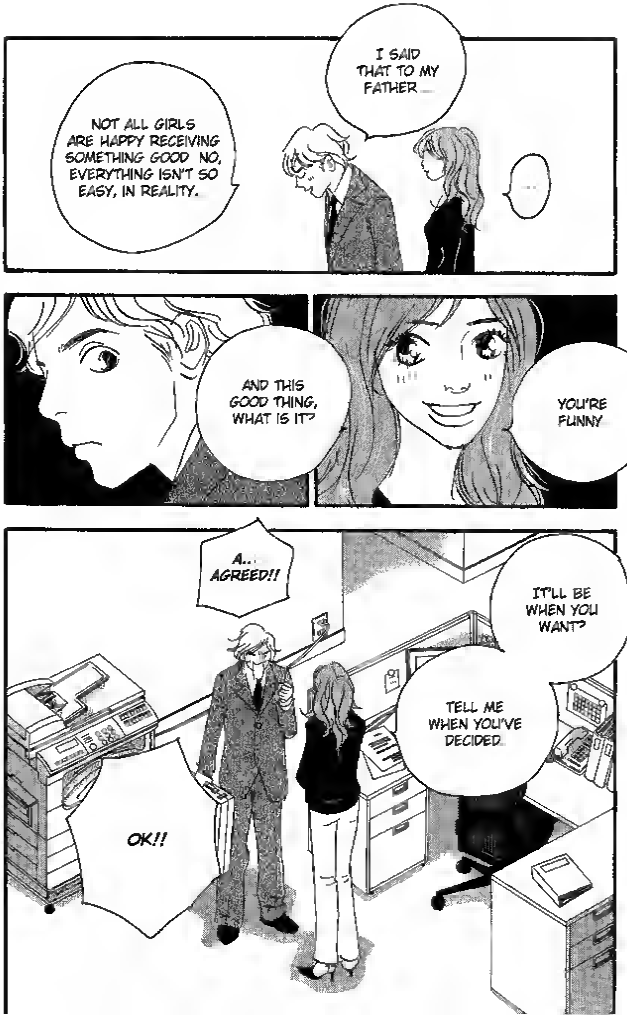
AT FIRST, I HATED IT. BUT THEN, I WOUND UP GETTING USED TO IT.

BUT IT'S NOT LIKE WHAT YOU SEE ON TV, HE DOESN'T MAKE YOUR BONES CRACK LIKE THAT...
OH? THEN WHAT'S IT LIKE?
HE ISN'T A MASSEUR, BUT A CHIROPRACTOR?
HE WARMS UP MY NECK...
HE BRUSHES AGAINST MY HEAD...
HMM...
IT'S DIFFICULT TO EXPLAIN, EACH TIME IT'S DIFFERENT
NO, THAT'S NOT ALL
THAT'S ALL?

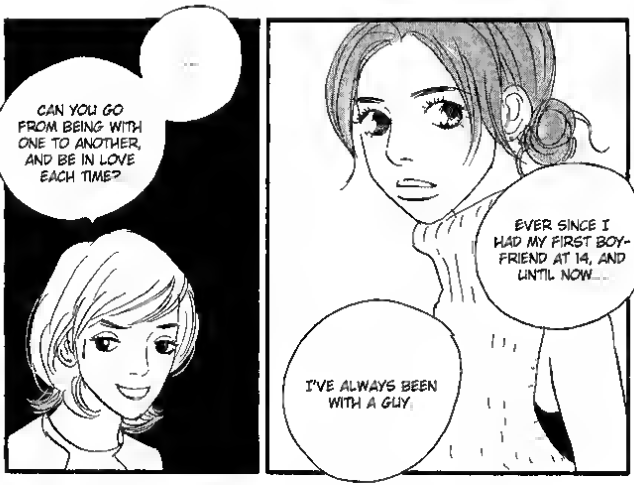

MIKU, ARE YOU SURE HE'S NOT A FRAUD AND YOU'RE NOT BEING DECEIVED?
IS HE REALLY A CHIROPRACTOR?
MISS TAJIMA, YOU DON'T FEEL WELL AGAIN TODAY?
BEING DECEIVED?
IT'S STUPID...
HIM, A FRAUD?
AH, YAMADA

I FOLLOWED THE ADVICE OF A COLLEAGUE... CHAMPAGNE TRUFFLES
WOAH! THIS IS FAR TOO EXTRAVAGANT...!
AND.. IT'S FOR ME?
HERE A LITTLE PRESENT
HUH?! WHAT IS IT?
OF COURSE.
TO MAKE YOU FORGET THE ONE WHO "ONLY OFFERS A CHOCOLATE BAR".
AH, BUT HE'S WITTY...


COULD WE GO OUT TO EAT ONE OF THESE DAYS?
WHAT?!
AH, EXACTLY!
BUT YOU'RE NOT THE KIND OF GIRL TO BE CHARMED SO EASILY...
AH!
IS THAT ALSO YOUR FATHER'S ADVICE?
You have to taste the good things
UMM...
MISS TAJIMA...


I SAID THAT TO MY FATHER...
NOT ALL GIRLS ARE HAPPY RECEIVING SOMETHING GOOD. NO, EVERYTHING ISN'T SO EASY, IN REALITY.
...
AND THIS GOOD THING, WHAT IS IT?
YOU'RE FUNNY.
A... AGREED!!
IT'LL BE WHEN YOU WANT?
TELL ME WHEN YOU'VE DECIDED.
OK!!

NO, HE'S DISCREET, BUT HE'S NICE
BUT MIKU, YOU JUST BROKE UP WITH YOUR BOY-FRIEND! HAVEN'T YOU HAD ENOUGH?
IF I HAVE TO GO OUT WITH SOMEONE, IT ... BE WITH THIS ... OF GUY...
THAT'S WHAT I ... TO MYSELF, ... IT SEEMS TO BE ...
YAMADA, ISN'T HE THE YOUNG MAN WHO COMES IN EVERY WEEK TO CHECK THE PHOTOCOPIER?
HE'S NOT SO GOOD-LOOKING...
I'VE HAD ENOUGH OF LIVING WITH SOMEONE YES... BUT WITHOUT A BOY-FRIEND, I FEEL SAD
OF COURSE...
R... REALLY?!
SAD, REALLY? DON'T YOU KNOW THAT I'VE LIVED ALONE FOR THE LAST THREE YEARS?


CAN YOU GO FROM BEING WITH ONE TO ANOTHER, AND BE IN LOVE EACH TIME?
EVER SINCE I HAD MY FIRST BOYFRIEND AT 14, AND UNTIL NOW...
I'VE ALWAYS BEEN WITH A GUY.

BEING IN LOVE, THAT'S SOMETHING ELSE.
WHAT DO YOU WANT? I CAN'T BEAR TO BE ALONE.

DON'T YOU FIND THAT A LITTLE STRANGE?
SOMETHING ELSE!
STRANGE?
WHAT?
FOR ME, THAT'S NOT EXCEPTIONAL
I'M REALLY HAPPY TODAY!
I WAS SURE YOU'D NEVER ACCEPT.

I'D LIKE TO COME TO SEE YOU.
IS CAN'T BE DIFFICULT.
YOU'VE MOVED, RIGHT?
ALL OF THESE BEAUTIFUL LIGHTS TONIGHT...
GOING OUT WITH ONLY THE GUYS THAT I LIKE...
YES?!
I HAVEN'T TIDIED UP, WAIT A WHILE...
WHAT?!
OK?
I'LL LEAVE RIGHT AFTER THAT...
THEN, LET'S GO NOW! IT'LL BE FASTER IF WE DO IT TOGETHER!

HMM...IT'S DIFFICULT TO GO BACK...
LET'S GO!!
AH, WHY NOT?
SORRY...
I WARNED YOU IT'S A TOTAL MESS

I FEEL LIKE I'M LIVING IN A DREAM..!
YAMADA...
I'VE LIKED YOU FOR SO LONG...
HUG
MISS TAJIMA!
I'M NOT LYING
ME TOO, I NOTICED YOU, TOO.
IS THAT TRUE...?

I'LL TAKE CARE OF YOU.
YES
I'LL [illegible] IN LOVE WITH [illegible]
THEN, I CAN GO OUT WITH [illegible], RIGHT?
I SWORE, I'D TAKE CARE OF YOU.

...AAAH.
AND . YOU SLEPT WITH HIM ..
YES
WHAT?!
YOU, GO OUT WITH HIM?!
LET'S JUST SAY . IT HAPPENED
I M SORRY. MIKU I JUST WANTED TO HEAR YOUR VOICE
"MIKU", ALREADY...?
HELLO? WHAT'S THE MATTER?
ring
brrrlllnnng
IT'S HIM!

AND JUST LIKE THAT, HE WANTED TO HEAR YOUR VOICE!
DRAT, BUT HE'S PASSIONATELY IN LOVE!!
YOU HAVE TO UNDERSTAND, WE'RE AT THE BEGINNING
AH, MY COWORKERS ARE HERE. I'LL CALL YOU LATER!
YES, SEE YOU
YOU THINK? I DON'T REACH NIRVANA, THAT'S ALL.
ring
brrrrrrrr
YOU KEEP A COOL HEAD, APPARENTLY!
I love you.
HMM?
A MESSAGE?

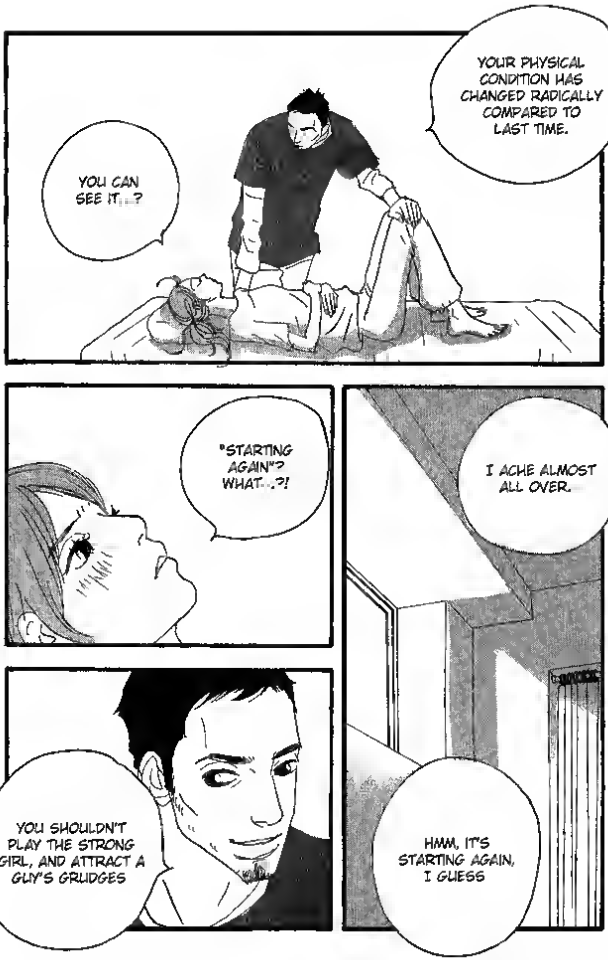
WHAT?
NOW?

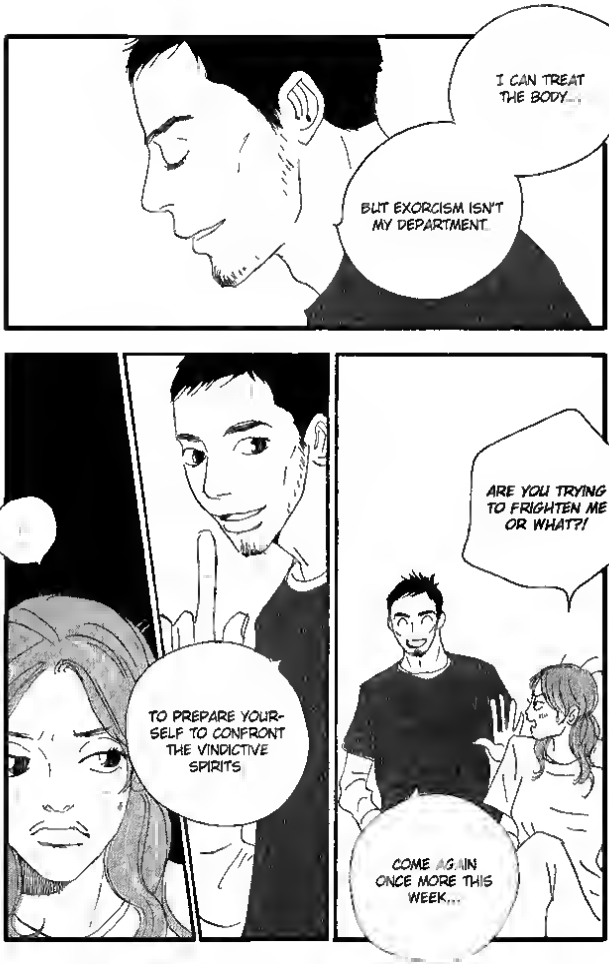
NO, I'VE HAD A GRUELING DAY
ARE YOU OK? DO YOU WANT ME TO BRING YOU SOMETHING TO EAT?
NO, NO, I'M NOT ILL...

HOW SHOULD I SAY IT I FEEL LONELY

IT'S JUST BEEN A DAY AND ALREADY THIS KIND OF MESSAGE..
ISN'T YAMADA A FOREIGNER?*
*ALLUDING TO THE BELIEF IN JAPAN THAT FOREIGNERS ARE PASSIONATE

I LIKE YOU SO MUCH, AND I CAN'T SEE YOU
I LIKE YOU YOU KNOW
BUT I HAVE TO MISTRUST HIM A BIT
AND YOU? DO YOU LIKE ME?
HE'S NOT A FOREIGNER...
HN...
I SHOULDN'T WITH HIM SO SOON...


YOUR PHYSICAL CONDITION HAS CHANGED RADICALLY COMPARED TO LAST TIME.
YOU CAN SEE IT...?
"STARTING AGAIN"? WHAT...?!
I ACHE ALMOST ALL OVER.
YOU SHOULDN'T PLAY THE STRONG GIRL, AND ATTRACT A GUY'S GRUDGES
HMM, IT'S STARTING AGAIN, I GUESS


I CAN TREAT THE BODY...
BUT EXORCISM ISN'T MY DEPARTMENT.
ARE YOU TRYING TO FRIGHTEN ME OR WHAT?!
TO PREPARE YOURSELF TO CONFRONT THE VINDICTIVE SPIRITS.
COME AGAIN ONCE MORE THIS WEEK...

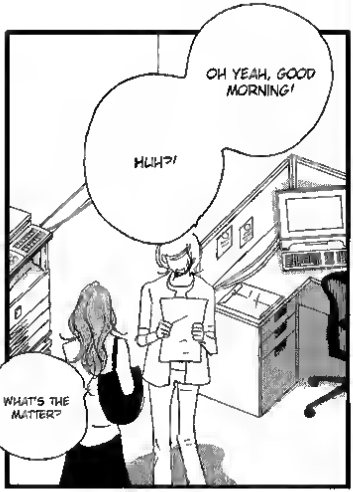
YES... I JUST BROKE UP WITH MY PREVIOUS BOYFRIEND, AND I DON'T FEEL LIKE HAVING ANOTHER ONE RIGHT NOW.

WHAT?
COULD YOU REPEAT THAT?

PLEASE, FORGIVE ME...
I APPRECIATE YOU, BUT I WOULD LIKE TO BE A LITTLE MORE FREE.

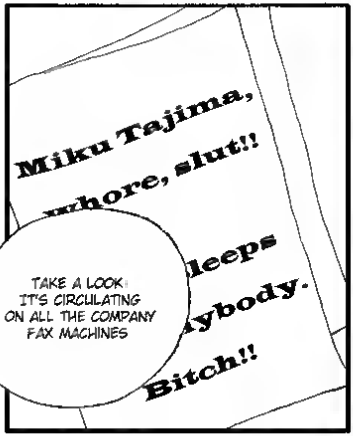
BUT, THE OTHER DAY...

THEN, IS IT OKAY IF I WAIT FOR YOU?
COULD I WAIT UNTIL YOU'RE READY?
DON'T PRESSURE ME TOO MUCH...
CALL ME WHEN YOU FEEL BETTER!
OH, BUT THAT'S NOT WHAT I...
I'LL WAIT!
EXCUSE ME, I HAVE A MEETING THIS AFTERNOON, I NEED TO GO



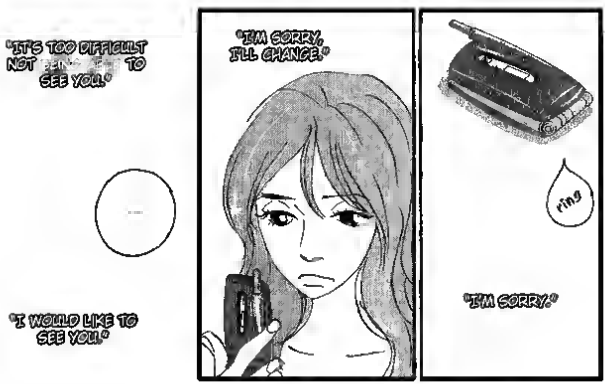
WITHOUT THEM, I FEEL SAD... AND WITH THEM, THEIR PRESENCE BURDENS ME.

I WONDER WHAT KIND OF GUY SUITS ME



GOOD MORNING!

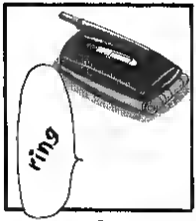
YAMADA ...?!
I DON'T KNOW WHAT YOU DID, BUT IN ANY CASE...
I ADVISE YOU TO AVOID INGENUOUS PEOPLE. THEY CAN BE DANGEROUS.
WHAT A SURPRISE...!
I WAS RIGHT, HE'S THE TYPE OF GUY WHO'S ANNOYING ..!!


"IT'S TOO DIFFICULT NOT TO SEE YOU."
"I WOULD LIKE TO SEE YOU."
"I'M SORRY, I'LL CHANGE."
ring
"I'M SORRY."

Ding Dong
THAT'S ENOUGH.
WHEN WILL HE STOP?!
"I WANT TO DIE."
Gulp
"EVEN FOR JUST A MINUTE IS OK."
THAT ISN'T A GOOD IDEA...!
"I LOVE YOU."
"IT'S TRUE. I LOVE YOU!"
Ding Dong
WHAT A BOTHER.
MIKU...
WOAAAAH!!
MIKU, DARLING...

SOMEONE!
THIS IS TAKAHASHI I'M NOT HERE
MIKU!
SOMEONE!
WHAT SHOULD I DO?
WHAT SHOULD I DO? I NEED SOMEONE.
BAM BAM
KAKO ..
SOMEONE!
EDDY & SOUL
ring
brrrriinng

HELLO?
DOCTOR?! IT'S TAJIMA MIKU TAJIMA
rrrIII



WHO IS IT?

bbrrrrtttng bbrrrrtttng

AND THEN, SILENCE... FINALLY, AFTER A LONG WHILE...

DID HE LEAVE?

CALM DOWN
WAAAAH-HHH
WAAAAHHHH

ARE YOU OK?
DOCTOR

WE'D BETTER GO TO MY PLACE.
AND YOU...?
I'LL SLEEP AT THE OFFICE.
I WONDER WHY I CALLED HIM
I ASKED MYSELF THAT QUESTION THE ENTIRE TRIP, WITHOUT UNDERSTANDING.

BODY AND SOUL

BY: ERICA SAKURAZAWA

CHAPTER 3

TRANSLATED BY:
TAMPOPO24

PROOFREAD BY:
JIN

EDITED BY:
KOSHKA

QC BY:
MARIS

Body & Soul

vol. 4

Doctor Taku's recipe to have a "longing body".

#4

Moving on to the "body mode".

If you've ever watched a cat, you've seen how quickly he moves, and, when prey appears, you've seen how he moves with unexpected liveliness. There are also some human beings that can move in "body mode" when they are with the someone that they like. People who have a flexible pelvis can also react in "body mode". To move like that, like the heart wants, is to be in a good mood to be in love, to move like that is to be an attractive woman.

In contrast, to only act in "mental mode", meaning to be dominated by our brains, easily brings us annoyance and stress. We complain about our love life, and about a lot of other things as well.

Why?

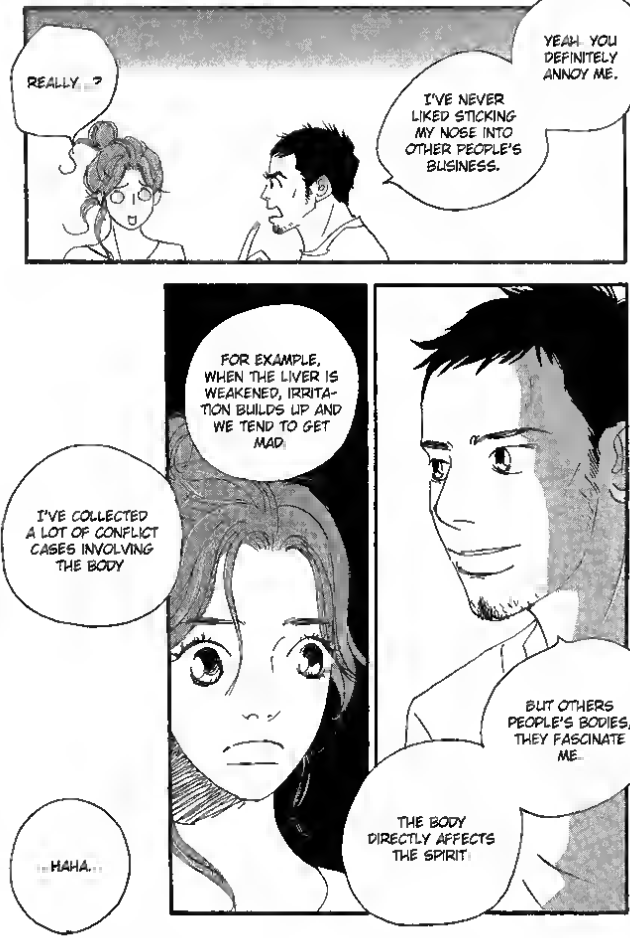
Because blocking our impulses at the brain's level annoys the ovaries, they consider the limbs to exist for themselves. Some patients, who haven't had a love life in a long time, discover love as soon as they manage to make their pelvis supple... That's a fact. Even if you don't have friends at the moment, I recommend you change to "body mode". Believe me, you'll meet the person of your dreams.

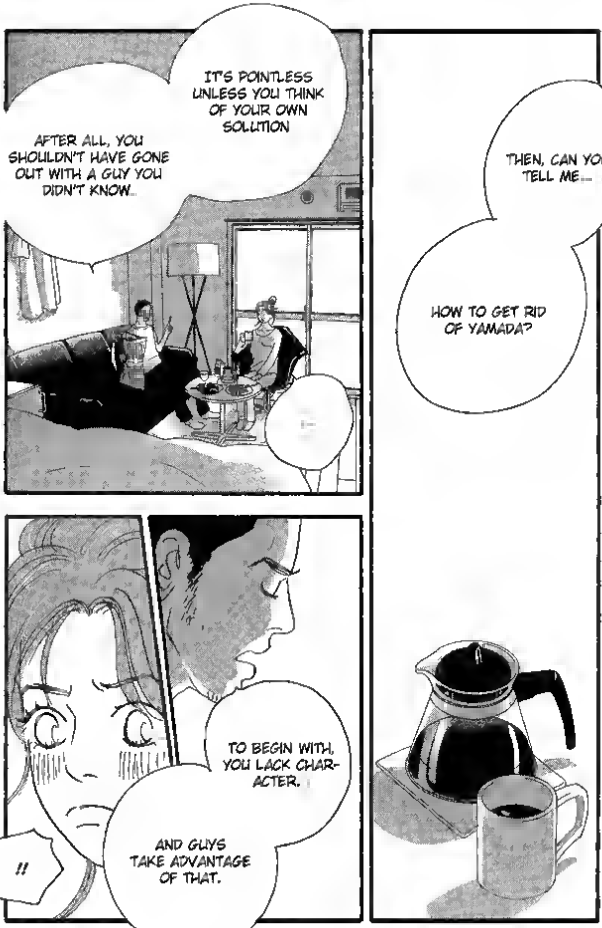
I'VE BEEN LIVING IN DR. RINTARO'S APARTMENT FOR THE [illegible] DAYS.

IF ONLY HE'D GET THE POINT AND FORGET ABOUT ME...
VROOOOOOOOOM
THE LEAST I CAN DO IS VACUUM TO THANK THE DOCTOR
HE MIGHT NOT LIKE ME ROOTING THROUGH HIS THINGS.
BUT I ALSO HAVE TO AVOID DOING TOO MUCH
MIKU, ARE YOU AWAKE...?
I BROUGHT BREAKFAST!
clack

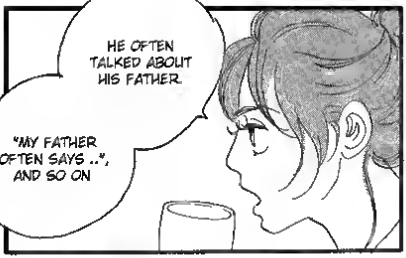
AH! HELLO, DOCTOR!
IT'S NOTHING.
OH, BUT YOU DON'T HAVE TO VACUUM!
YOU LEFT THE WINDOWS CLOSED, SO YOU POLLUTE THE AIR AS A RESULT.
IF YOU'RE GOING TO VACUUM, DO IT RIGHT
...
I'M NOT IN ANY POSITION TO SAY THIS, BUT...
HE AND I COULDN'T BE A WORSE MATCH. WE FIGHT ALL THE TIME!
BY THE WAY, WHAT ABOUT WORK?
I EXPLAINED THE SITUATION TO MY BOSS. OFFICIALLY, I'M SICK

THAT'S NOT THE PROBLEM...
BUT YOU CAN'T BE SICK FOREVER...
RATHER, MAYBE I BOTHER YOU?
THERE'S NO QUESTION ABOUT THAT AND I CAN'T ROT HERE FOR-EVER, EITHER...
I DON'T HAVE ANY EXCUSE, THIS IS ALL MY FAULT...
PARDON?!
IF ANYONE SHOULD BE BOTHERED BY THIS SITUATION, IT SHOULD BE YOU, RIGHT?

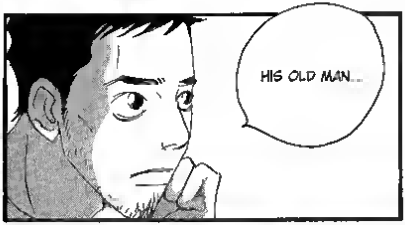

REALLY...?
I'VE NEVER LIKED STICKING MY NOSE INTO OTHER PEOPLE'S BUSINESS.
YEAH. YOU DEFINITELY ANNOY ME.
FOR EXAMPLE, WHEN THE LIVER IS WEAKENED, IRRITATION BUILDS UP AND WE TEND TO GET MAD.
I'VE COLLECTED A LOT OF CONFLICT CASES INVOLVING THE BODY
BUT OTHERS PEOPLE'S BODIES, THEY FASCINATE ME.
THE BODY DIRECTLY AFFECTS THE SPIRIT.
...HAHA...


IT'S POINTLESS UNLESS YOU THINK OF YOUR OWN SOLUTION
AFTER ALL, YOU SHOULDN'T HAVE GONE OUT WITH A GUY YOU DIDN'T KNOW.
THEN, CAN YOU TELL ME...
HOW TO GET RID OF YAMADA?
!!
AND GUYS TAKE ADVANTAGE OF THAT.
TO BEGIN WITH, YOU LACK CHARACTER.

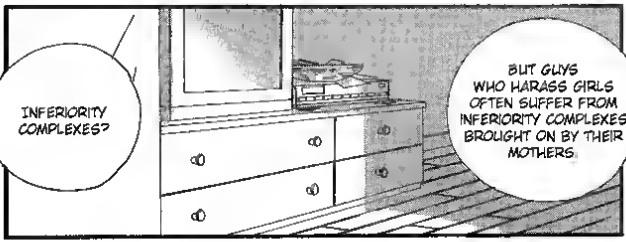
HEY!
I'D LIKE TO BE NICE AND LISTEN TO YOU, BUT DON'T TALK TO ME LIKE THAT...!!
WHAT DO YOU WANT? I'M JUST SPEAKING THE TRUTH.
ADMIT IT, YOU DON'T EVEN KNOW YOURSELF, LET ALONE WHAT YOU WANT.
FORGET ABOUT YOUR LOVE LIFE FOR A BIT, AND THINK ABOUT YOURSELF FOR ONCE
IF NOT, IT'LL NEVER LET UP!
BASTARD... BUT I DON'T KNOW HOW TO ANSWER HIM.
AM I THAT STUPID...?!
WELL, WHAT'S DONE IS DONE.
MIKU, DID HE TELL YOU SOMETHING ABOUT HIS FAMILY?



NO, WE WEREN'T INTIMATE TO THE POINT OF TALKING ABOUT OUR FAMILIES.

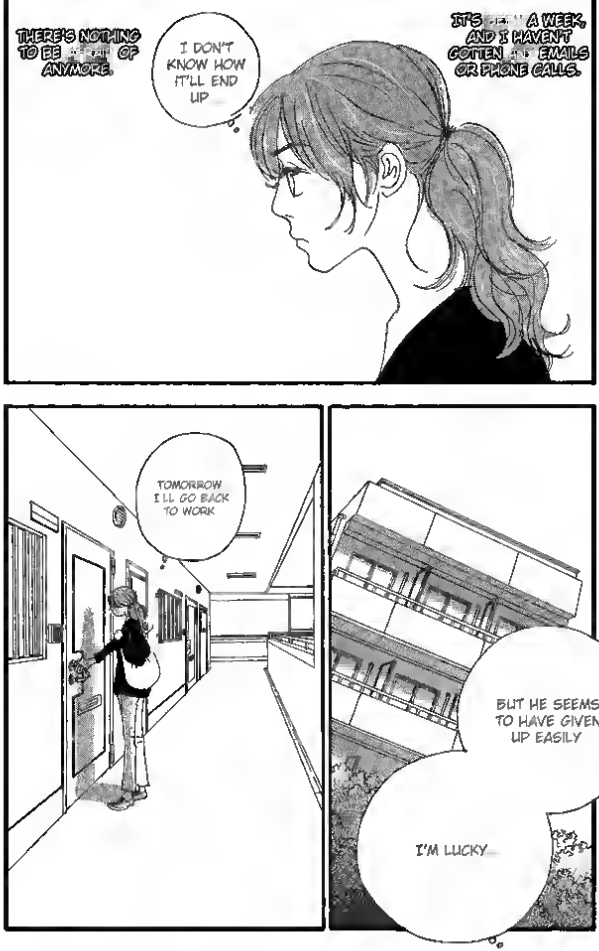


AH...



YOU HAVE TO LOVE ME LIKE MY MOTHER DOES
YOU HAVE TO LISTEN TO ME LIKE MY MOTHER DOES
MAYBE HE TALKS ABOUT HIS FATHER AS A WAY TO DISGUISE HIS INFATUATION WITH HIS MOTHER.
IF THE GIRLFRIENDS DON'T DO THAT, THE GUY BECOMES DANGEROUS.
IF HE DOES SOMETHING AGAIN, YOU COULD REPORT IT TO HIS MOTHER, COULDN'T YOU?

"REPORT" IT TO HIS MOTHER?
AS IF IT WERE A CHILDISH QUARREL...


THERE'S NOTHING TO BE [illegible] OF ANYMORE.
I DON'T KNOW HOW IT'LL END UP...
IT'S [illegible] A WEEK, AND I HAVEN'T GOTTEN [illegible] EMAILS OR PHONE CALLS.
TOMORROW I'LL GO BACK TO WORK
BUT HE SEEMS TO HAVE GIVEN UP EASILY
I'M LUCKY...

C...
CALM DOWN!
IF YOU DON'T WANT TO REGRET IT. .
YAMADA?!
MUMPH
!!

WHERE WERE YOU, MIKU?
DID YOU LOCK YOURSELF UP IN SOME GUY'S ROOM??
I DIDN'T KNOW YOU WERE SO NAUGHTY
I THINK YOU NEED TO BE PUNISHED
UMMPH!
SO THAT YOU WON'T THROW YOURSELF INTO THE ARMS OF THE FIRST MAN YOU MEET

DO YOU EVEN UNDERSTAND WHAT YOU'RE DOING?!
...FFHAH!
IF YOU DON'T RELEASE ME IMMEDIATELY...
I'LL TELL YOUR MOTHER!!
BUT YOU'RE THE BAD ONE HERE!

TO M...
MY MOTHER?!
MIKU, YOU KNOW MY MOTHER?!
HE LET GO!!
!!
HEEELLLP!
HEEELLLP ME!
KYAAAAAAAH!

EXACTLY WHAT RINTARO TOLD ME...
Tap
Tap
Tap
Tap
Tap
huff
huff
huff

COMPLETE SUCCESS?
CONGRATULATIONS!
HE HAS A MOTHER COMPLEX...!!
LET ME TELL YOU... HE REALLY FRIGHTENED ME...

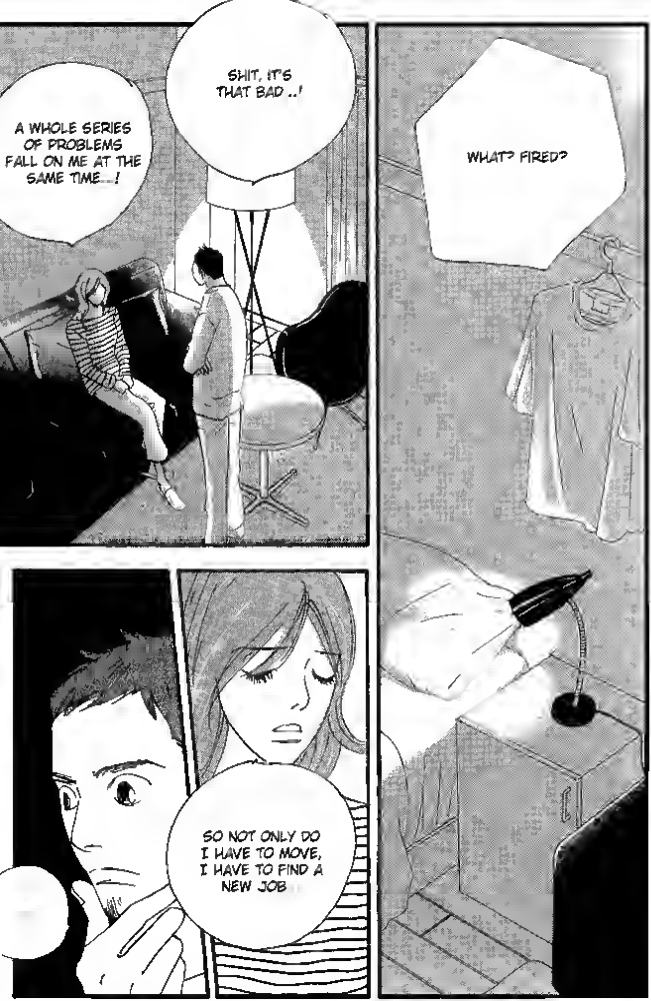
AT THAT MOMENT, I REALLY THOUGHT ABOUT GOING BACK HOME...
BUT CAN I STAY AT YOUR APARTMENT FOR A LITTLE WHILE LONGER...?
I DON'T WANT TO LIVE IN THAT APARTMENT ANYMORE. SO JUST UNTIL I FIND ANOTHER PLACE...
THAT'S FINE BY ME.
THANK YOU VERY MUCH.
I WONDER WHAT WOULD'VE HAPPENED IF I HADN'T FOLLOWED YOUR ADVICE...
DOCTOR...
MMH?

THE FIRST IDEA...?
YEAH
YOU'RE CERTAINLY LUCKY...
THE FIRST IDEA THAT CAME TO MIND, AND IT WORKED...
WHAT?!
YOU TALKED ABOUT THE RELATIONSHIP BETWEEN THE BODY AND THE MIND...
Doctor Miss Nanura will be here shortly.
YOU SAY THAT...
BUT YOU'VE STUDIED A LOT, RIGHT?
I WATCH
RATHER THAN STUDY...

UNBELIEVABLE!
HE HAD A SIMPLE IDEA AND I HELD A BLIND BELIEF IN HIM.
REALLY...
I DON'T THINK I'LL LIKE HIM.
THE MOST IMPORTANT THING IS THAT NOTHING HAPPENED TO YOU!
...

I'M SORRY FOR BOTHERING YOU, KAKO
I PROMISE YOU THAT I'LL BE MORE CAREFUL FROM NOW ON
I IMAGINE IT WAS REALLY HARD FOR YOU
TAJIMA...
CAN YOU COME HERE A MINUTE?
UM...
I'LL BE RIGHT THERE!
WE HAD A REALLY HARD TIME WHILE YOU WERE ABSENT...
WE RECEIVED A LOT OF MALEVOLENT FAXES AND IT WAS IMPOSSIBLE TO WORK!
...I'M REALLY SORRY.

I DON'T THINK IT'S YOUR FAULT AND I'VE TRIED TO LIMIT THE DAMAGES...
AND I HEAR THAT IT'S SOMEONE WHO HAS ACCESS TO THIS OFFICE, IS THAT RIGHT?
AND I THINK IT'S BETTER IF YOU GO SPEAK TO HIM YOURSELF...
BUT THE BOSS WANTS SOMEONE TO TAKE RESPONSIBILITY FOR WHAT HAPPENED...
BASICALLY, HE WANTS ME TO RESIGN, DOESN'T HE?
YOU MEAN...


WHAT? FIRED?
SHIT, IT'S THAT BAD..!
A WHOLE SERIES OF PROBLEMS FALL ON ME AT THE SAME TIME...!
SO NOT ONLY DO I HAVE TO MOVE, I HAVE TO FIND A NEW JOB

YOU COULD WORK HERE FOR A WHILE, IF YOU WANTED TO
IS THAT TRUE?!
YOKO HAS TO GO BACK HOME TO VISIT HER FAMILY FOR A SHORT TIME
I'LL WORK HERE!
I'LL DO IT. I'LL DO IT!
I ANSWERED HIM INSTANTANEOUSLY...
AND I IMMEDIATELY REGRETTED IT.
BASICALLY, WE REALLY DIDN'T GET ALONG WELL, HE AND I.

BODY AND SOUL

BY: ERICA SAKURAZAWA

CHAPTER 4

TRANSLATED BY:
TAMPOPO24

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KOSHKA

QC BY:
MARIS

Body & Soul vol. 5

Doctor Taku's recipe to have a "longing body".

#5

Sitz bath's praise!

If you feel somber, or in bad form, then a sitz bath is essential. It's really easy to do: you just have to sit down in 45-47°C water (hot, but bearable) with the buttocks submerged, and relax in it for 5 to 15 minutes, long enough for your upper body (head, shoulders, and chest...) to trickle with sweat. If it's chilly, put a towel around your neck and wear a t-shirt to avoid getting cold. The sweat drips as if you've just finished making love.

Both cases activate a parasympathetic response; in other words, you sweat when you're relaxed. The pelvis switches instinctively into "body mode". Practice sweating with Sitz baths, you'll be more receptive (since it's humid) and you'll be more sensitive when you make love. Since it's an instinctive response, you'll feel whether your partner is right for you or not. Sitz baths are good for sore shoulders, headaches, and menstrual cramps. They also make you more attractive by causing your brain to secrete hormones ("sexy energy"), and it's a source of "happiness" that will help you find the right person. I strongly recommend trying it.

AS THEY SAY...
"ONE DOOR CLOSES,
AND ANOTHER OPENS..."

BECAUSE OF A LITTLE
AT WORK.

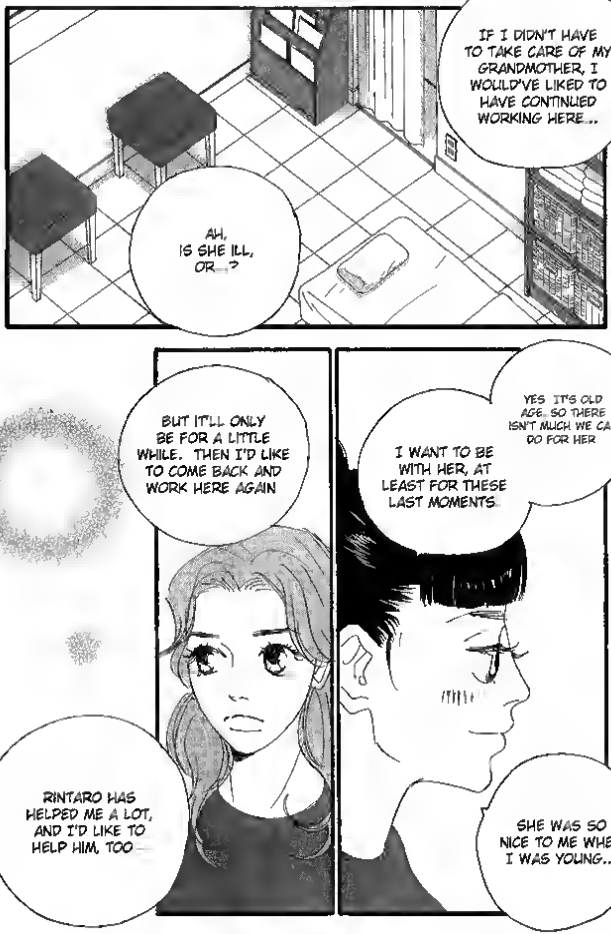
THE DOOR
OPENED...

RINTARO MORIYA - CHIROPRACTOR (35 YEARS OLD)
HEY, WHAT DID YOU DO?
IT'S YOUR FIRST DAY AND YOU'RE LATE!

BUT THERE'S NOTHING TO SAY OTHER THAN WE DON'T GET ALONG WELL...
GOOD PRACTITIONER, NOT MALICIOUS...
I'M SORRY...

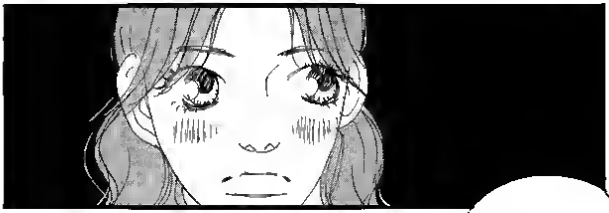
BEFORE LEAVING, TEACH THIS ONE EVERYTHING SHE HAS TO KNOW ABOUT WORKING HERE
YOKO...
"THIS ONE".. !

Slam
...DRAT!
I'M GONNA GO CATCH MY BREATH...
YOKO, HOW HAVE YOU MANAGED TO WORK WITH A GUY LIKE HIM FOR THE LAST THREE YEARS?
HE DOESN'T LOOK LIKE IT, BUT BASICALLY, HE'S REALLY KIND...
HE'S STRICT, BUT ONLY IN THE BEGINNING.
I DON'T THINK I COULD EVER...
I'M NOT CONFIDENT IN MYSELF...
IT'LL BE OK, YOU'LL QUICKLY GET USED TO IT...


IF I DIDN'T HAVE TO TAKE CARE OF MY GRANDMOTHER, I WOULD'VE LIKED TO HAVE CONTINUED WORKING HERE...
AH, IS SHE ILL, OR...?
YES. IT'S OLD AGE. SO THERE ISN'T MUCH WE CAN DO FOR HER
I WANT TO BE WITH HER, AT LEAST FOR THESE LAST MOMENTS.
BUT IT'LL ONLY BE FOR A LITTLE WHILE. THEN I'D LIKE TO COME BACK AND WORK HERE AGAIN
SHE WAS SO NICE TO ME WHEN I WAS YOUNG..
RINTARO HAS HELPED ME A LOT, AND I'D LIKE TO HELP HIM, TOO—

IT'S THE SAME FOR YOU, RIGHT?
DID YOU DECIDE TO WORK HERE TO HELP HIM?
HE WAS SO HAPPY...
WHEN HE TOLD ME THAT YOU'D BE REPLACING ME
WHAT?! NOT AT ALL!
WHAT?! AN INTEREST? WHY?!
Arrggh
EVER SINCE THE FIRST TIME YOU CAME HERE, HE HAS TAKEN AN INTEREST IN YOU...
ASK HIM
I DON'T KNOW

W..
WHAT?!



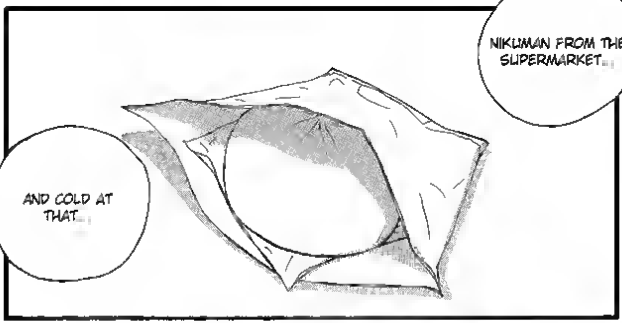
I CAN'T CONCENTRATE AFTER WHAT YOKO TOLD ME
HEY, MIKU!!

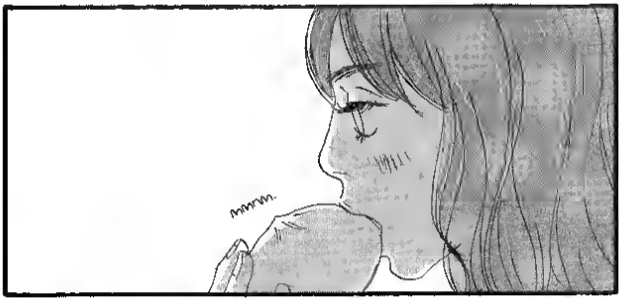
FOLD IT PROPERLY.
DO IT AGAIN.
WHAT'S THE MATTER WITH THIS TOWEL?
HMM
THAT'S THE CLEAN ONE THAT I JUST BROUGHT OUT
WHAT?!
TAKE THIS ONE, MIKU.
YOKO, BE QUIET.
THIS ISN'T YOUR WORK! DO YOUR OWN!
YES!
AH, THAT GUY!!
A REAL BASTARD!!

WHEN I THINK THAT I THOUGHT ABOUT HIM IN NO TIME AT ALL! SHIT!!
GRRR

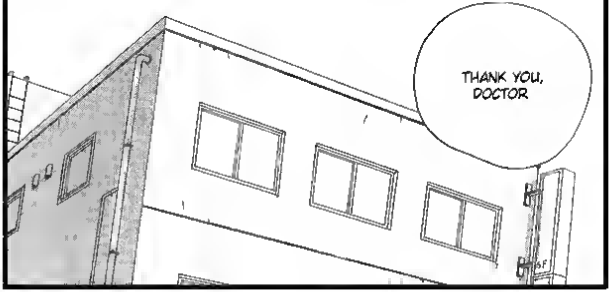
SO TIRED...
I FEEL LIKE I'VE USED MUSCLES AND A PART OF THE BRAIN I'VE NEVER USED BEFORE...
AND IT'LL BE LIKE THIS EVERY DAY...
Bam
Bam
Bam
MIKU, ARE YOU HERE?
AH, THE BOSS

SO, WHAT DO YOU THINK OF YOUR FIRST DAY?
...WELL, I DON'T KNOW WHAT TO SAY...
NO, IT'S ALRIGHT.
SORRY...
I HAD TO GRAB A FEW THINGS.
THANKS...
WELL...
GOOD LUCK. TAKE THIS, IT'S FOR YOU.
TOMORROW, BE ON TIME.


NIKUMAN FROM THE SUPERMARKET...
AND COLD AT THAT...

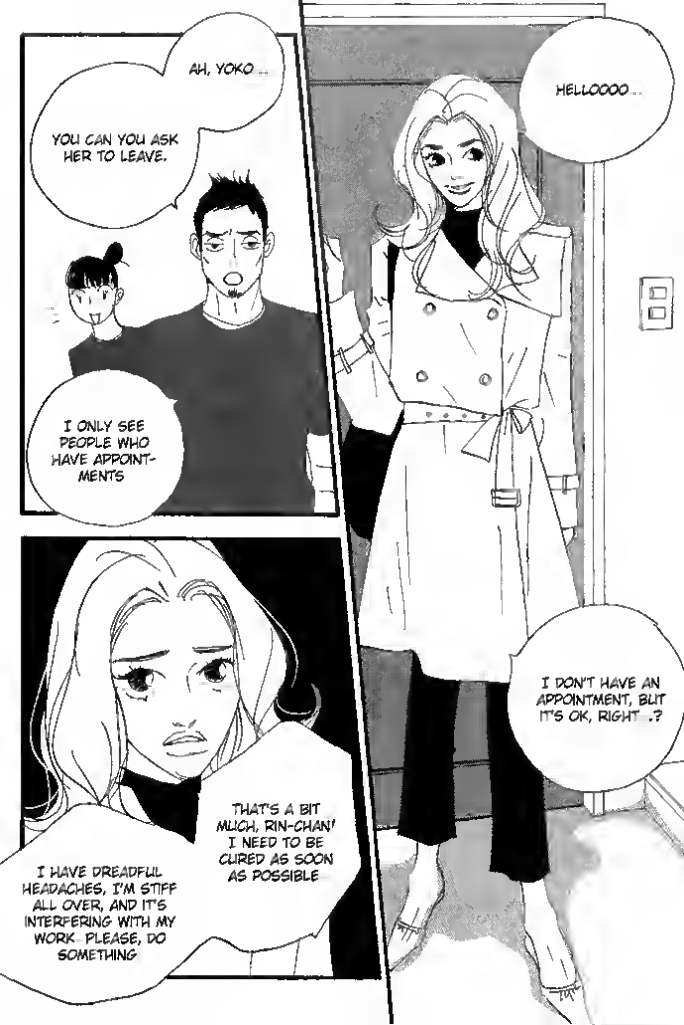

Mmm.

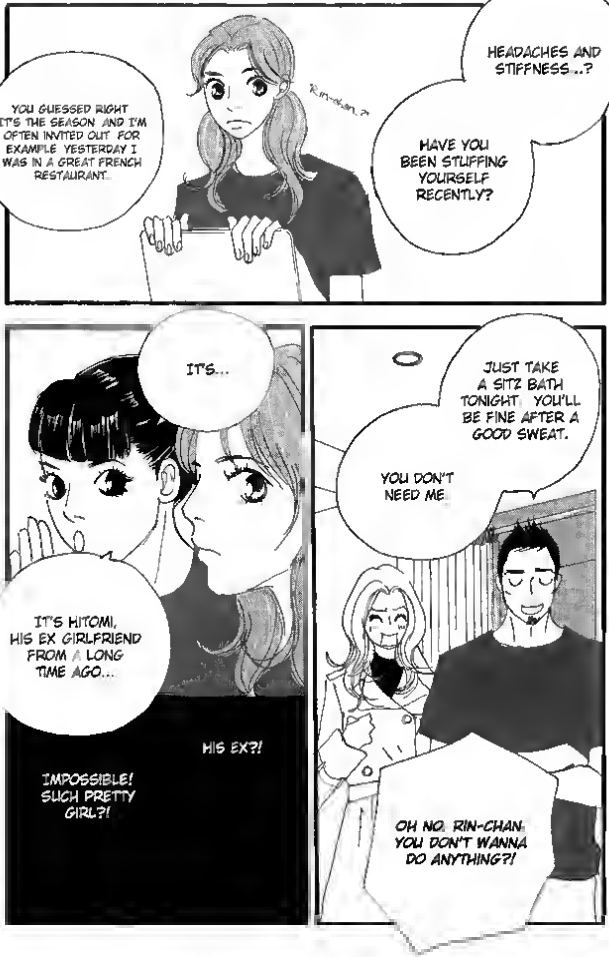
WELL THEN, THE SAME AGAIN TOMORROW

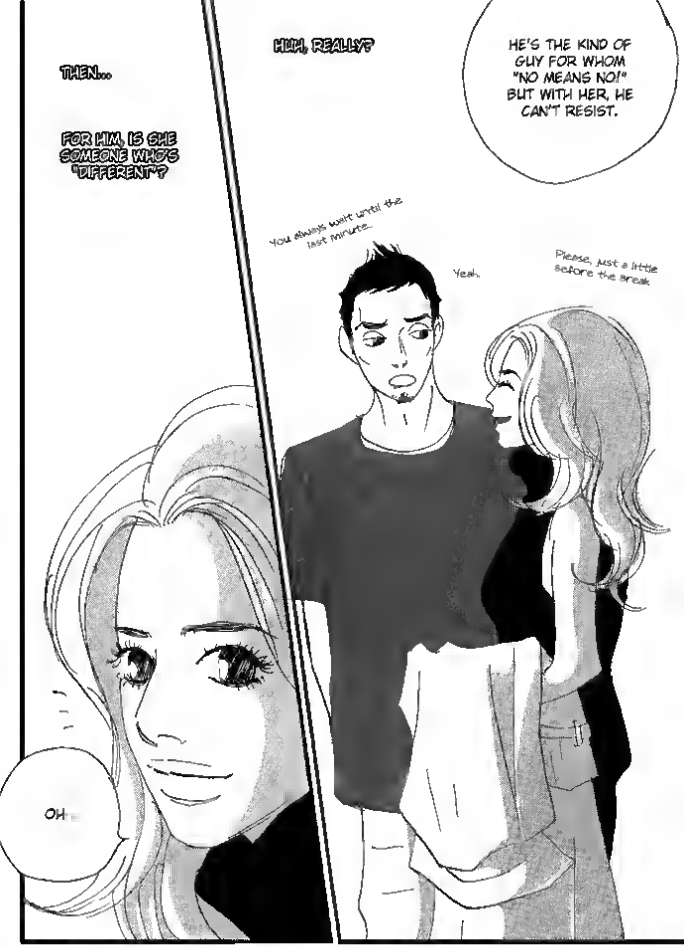

THANK YOU, DOCTOR

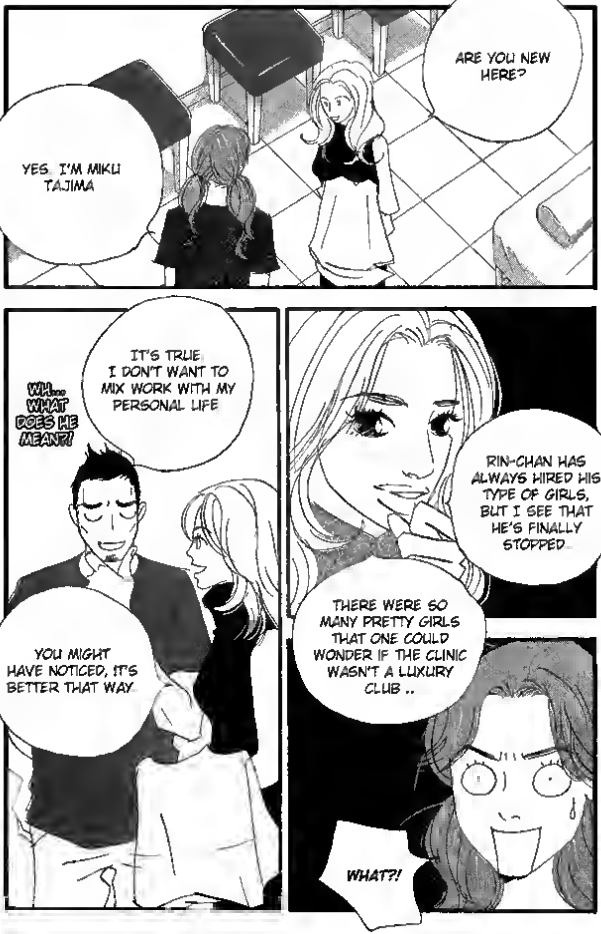
Hmm let's say next week
Is Tuesday afternoon ok?

TAKE GOOD CARE OF YOURSELF
MIKU, SCHEDULE MISS YAMAMOTO'S NEXT APPOINT-MENT
I'M COMING!


AH, YOKO...
YOU CAN YOU ASK HER TO LEAVE.
I ONLY SEE PEOPLE WHO HAVE APPOINT-MENTS
HELLOOOO...
I DON'T HAVE AN APPOINTMENT, BUT IT'S OK, RIGHT...?
I HAVE DREADFUL HEADACHES, I'M STIFF ALL OVER, AND IT'S INTERFERING WITH MY WORK. PLEASE, DO SOMETHING
THAT'S A BIT MUCH, RIN-CHAN! I NEED TO BE CURED AS SOON AS POSSIBLE


HEADACHES AND STIFFNESS...?
HAVE YOU BEEN STUFFING YOURSELF RECENTLY?
YOU GUESSED RIGHT IT'S THE SEASON AND I'M OFTEN INVITED OUT FOR EXAMPLE YESTERDAY I WAS IN A GREAT FRENCH RESTAURANT.
Rin-chan...?
JUST TAKE A SITZ BATH TONIGHT. YOU'LL BE FINE AFTER A GOOD SWEAT.
YOU DON'T NEED ME
OH NO. RIN-CHAN. YOU DON'T WANNA DO ANYTHING?!
IT'S...
IT'S HITOMI, HIS EX GIRLFRIEND FROM A LONG TIME AGO...
HIS EX?!
IMPOSSIBLE! SUCH PRETTY GIRL?!

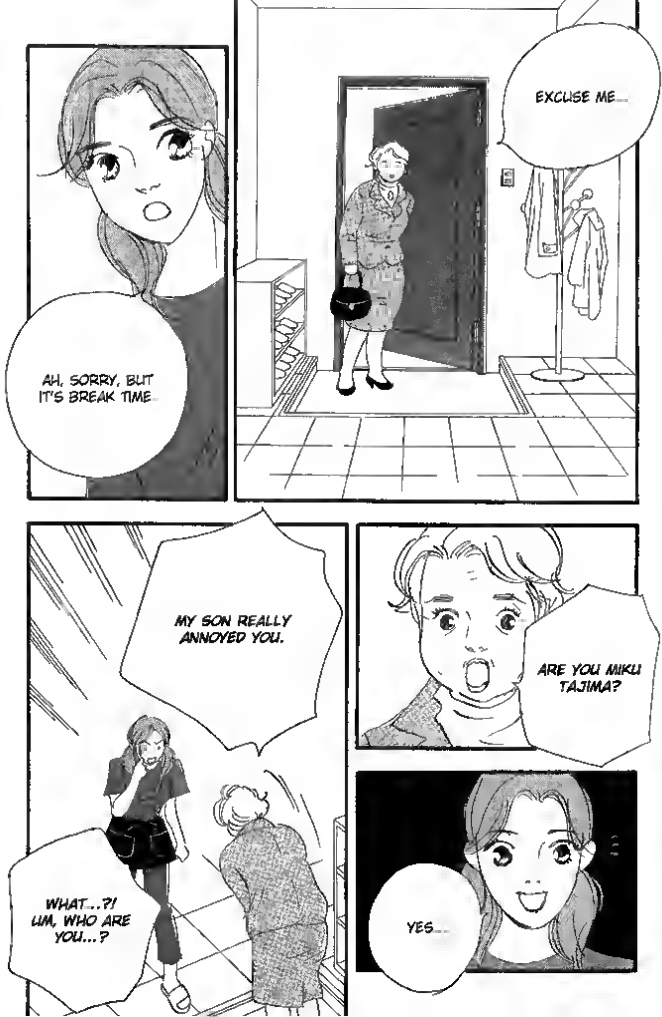

THEN...
FOR HIM, IS SHE SOMEONE WHO'S "DIFFERENT"?
OH...
HUH, REALLY?
HE'S THE KIND OF GUY FOR WHOM "NO MEANS NO!" BUT WITH HER, HE CAN'T RESIST.
You always wait until the last minute.
Yeah.
Please, just a little before the break


ARE YOU NEW HERE?
YES. I'M MIKU TAJIMA
IT'S TRUE. I DON'T WANT TO MIX WORK WITH MY PERSONAL LIFE
WH... WHAT DOES HE MEAN?!
YOU MIGHT HAVE NOTICED, IT'S BETTER THAT WAY
RIN-CHAN HAS ALWAYS HIRED HIS TYPE OF GIRLS, BUT I SEE THAT HE'S FINALLY STOPPED
THERE WERE SO MANY PRETTY GIRLS THAT ONE COULD WONDER IF THE CLINIC WASN'T A LUXURY CLUB ..
WHAT?!

YOU DIDN'T KNOW?
IT'S A DEN OF INIQUITY HERE!
REALLY, NOW...
NOT ONLY IS THE DOCTOR NOT NICE, BUT I SEE THAT IT'S THE SAME FOR THE CUSTOMERS, THERE'S NOTHING WORSE!
I see that you're still really mean.
Do I have to take that as a compliment?
OH...
DON'T LISTEN TO THEM.
THEY'RE JUST A PAIR OF JOKERS.
FINALLY, I KNOW I MADE A MISTAKE WHEN I DECIDED TO WORK HERE!!

I'M NOT TIRED LIKE BEFORE, WHEN I WORKED AT THE OFFICE.
I BUSTLE ABOUT, I'VE A LOT OF THINGS TO DO, BUT STRANGELY, I FEEL IN A GOOD FORM!
I SURVIVED.
AT LAST, A MONTH...
Kiss
Kiss
THAT'S ... I THOUGHT, BUT A MONTH HAS FINALLY PASSED...
HERE, THIS IS FOR YOU.
November's salary
Miku Tajima
THANK YOU.

...FOR THE FIRST TIME, I UNDERSTAND...
THAT WHEN WE'RE ACTIVE, WE CAN BE PLEASANTLY TIRED.
I'LL HANG ON AGAIN A LITTLE.
THE WORK WILL PROBABLY BECOME MORE AND MORE
Ichiji

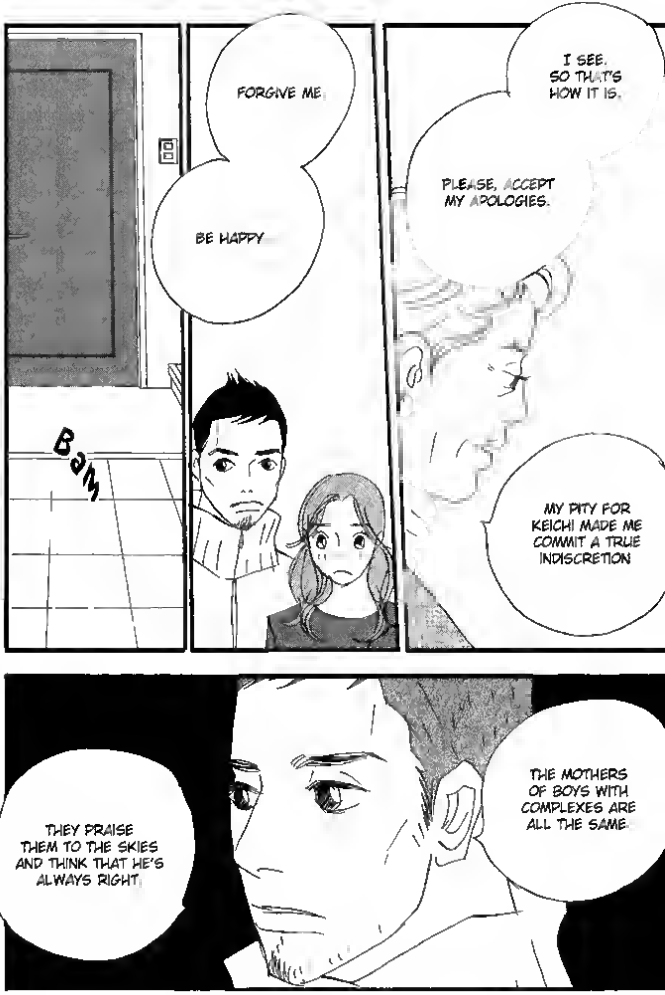

EXCUSE ME...
AH, SORRY, BUT IT'S BREAK TIME.
MY SON REALLY ANNOYED YOU.
WHAT...?! UM, WHO ARE YOU...?
ARE YOU MIKU TAJIMA?
YES...

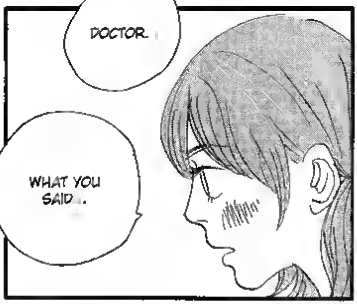
I'M KEICHI YAMADA'S...
MOTHER
GULP!!
YAMADA'S MOTHER?!!
AND H... HUH...?
HOW DID SHE KNOW THAT I WORK HERE?!
I HEARD THAT YOU LOST YOUR JOB BECAUSE OF KEICHI...
DID SHE HIRE A PRIVATE INVESTIGATOR?
AND I WANTED TO APOLOGIZE PERSONALLY

I'D LIKE YOU TO FORGIVE KEICHI, AND GO BACK TO HOW THINGS WERE BEFORE.
UM, I'M WORKING NOW, SO THIS ISN'T A GOOD TIME...
I UNDERSTAND, BUT SINCE I DIDN'T KNOW HOW TO GET IN TOUCH WITH YOU...
WHAT?!!
I'm back!
LIKE BEFORE? COULD YOU EXPLAIN THAT TO ME?!
WELL, THAT YOU RETURN TO HAVING A NORMAL RELATIONSHIP WITH MY SON, AND TO MARRY HIM IN THE FUTURE.

YES?
AH, EXCUSE ME, MADAM?
YOUR KEICHI AND MIKU DIDN'T HAVE A "NORMAL RELATIONSHIP"
HE'S RIGHT! HE HARASSED ME AND I EVEN HAD TO QUIT MY JOB.
HE'D LIKE FOR YOU TO RETURN TO YOUR PREVIOUS ATTITUDE...
YES, AND THE PERSON RESPONSIBLE...
TRULY REGRETS IT.
OUT OF THE QUESTION!!

LOOK, JUST SO THERE'S NO MISUNDERSTANDING.
Fwisshh
MIKU AND I ARE TOGETHER.
WHAT?!!
PARDON?!
WE'D LIKE TO GET MARRIED, AND WE'RE ALREADY LIVING TOGETHER
FROM EVERYTHING YOU'VE SAID, YOUR SON IS DELUDING HIMSELF
RIGHT, MIKU?
Y...
YES!

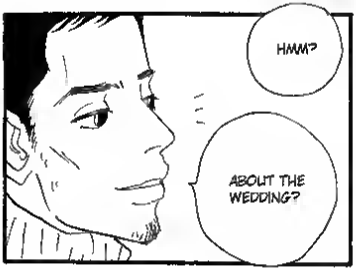

FORGIVE ME.
BE HAPPY.
Bam
I SEE. SO THAT'S HOW IT IS.
PLEASE, ACCEPT MY APOLOGIES.
MY PITY FOR KEICHI MADE ME COMMIT A TRUE INDISCRETION
THEY PRAISE THEM TO THE SKIES AND THINK THAT HE'S ALWAYS RIGHT.
THE MOTHERS OF BOYS WITH COMPLEXES ARE ALL THE SAME.



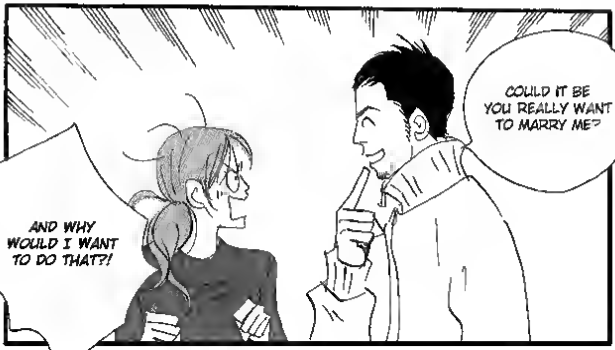
BUT...?

BUT [illegible] JUST HAPPENED?

AT LEAST...



YOU GOT RID OF HER



IF YOU'D LIKE, WE COULD TALK ABOUT IT
I'M STARTING TO GET TIRED OF THE SINGLE LIFE
WHAT?!
ARE YOU SERIOUS?!
WHY NOT? UNLESS I'M THE KIND OF GUY WHO LIKES TO JOKE, MAYBE?
I CAN'T TELL WHETHER HE'S SINCERE OR NOT...
I REALLY SHOULDN'T HAVE DECIDED TO WORK HERE !!

BODY AND SOUL

BY: ERICA SAKURAZAWA

CHAPTER 5

TRANSLATED BY:
TAMPOPO24

PROOFREAD BY:
JIN

EDITED BY:
KOSHKA

QC BY:
MARIS

Body & Soul

vol. 6

Doctor Taku's recipe to having a "longing body".

#6

The need to catch a cold.

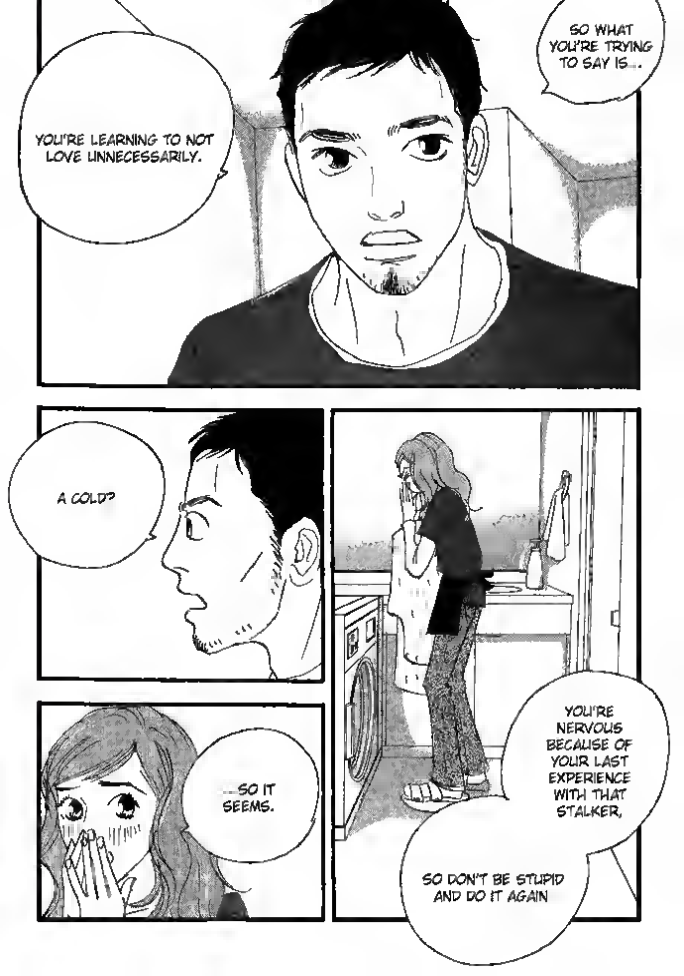
Well-being implies health. But even if you're very careful, no one can avoid catching a cold. We have a natural defense system to fight outside elements, excess tiredness can sometimes inhibit that defense system. Besides, it's good to catch a cold from time to time. Colds allow us to get rid of excess waste, and purify the body.

The body establishes its immunological function again, and our defense system is consolidated. "Oh, have I caught a cold?" When you're asking yourself this question, answer it with a sitz bath or a foot soak, and work up a sweat. Sweating through a fever can perfectly cure a cold, and in the same way, sweating through the first signs of a cold will fight it off. Using artificial agents - like medicines - represses the body's defense and can destroy it completely. Don't forget that a cold is simply a way to strengthen your immune system.

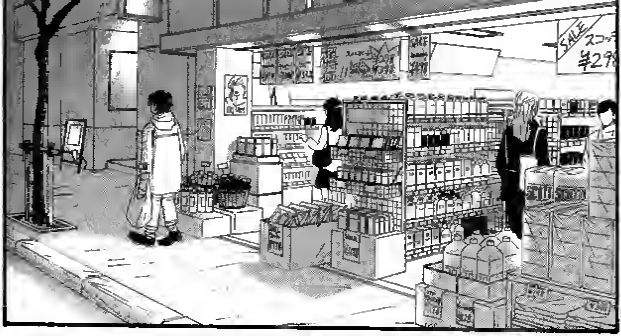
I REMEMBER GOING AFTER THE FIRST MAN WHOM I THOUGHT I COULD SPEND THE WINTER WITH.
BEFORE, I COULDN'T IMAGINE LIVING ALONE.
IT'S THE SEASON WHERE WE'D LIKE TO HAVE THE SOFT WARMTH OF A PERSON.

AA
chooo
DRAT...
I THINK I'VE CAUGHT A COLD...
THESE TWO AREN'T AT RISK FOR CATCHING ANYTHING...
Stop that you pervert!
Sh
Someone might hear you!

I ENVY THEM.
BUT I'M TOO BUSY STARTING A NEW JOB AND A NEW LIFE...
I GUESS ..
I'M BEGINNING TO GET USED TO LIFE WITHOUT A LOVER

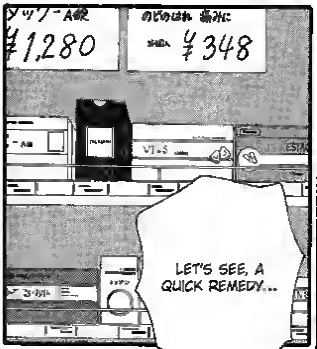

SO WHAT YOU'RE TRYING TO SAY IS...
YOU'RE LEARNING TO NOT LOVE UNNECESSARILY.
A COLD?
...SO IT SEEMS.
YOU'RE NERVOUS BECAUSE OF YOUR LAST EXPERIENCE WITH THAT STALKER,
SO DON'T BE STUPID AND DO IT AGAIN

THIS IS A PLACE WHERE WE STRAIGHTEN OUT OTHER PEOPLE'S BODIES...
SO, THE LEAST YOU COULD DO IS WATCH YOUR DIET.
A COLD... AND YOU'VE GAINED SOME WEIGHT AS OF LATE.
WHEN WE EAT WITHOUT EXERCISING, WE LOSE OUR GOOD FORM
Y...YES!
IT'S TRUE THAT I GAINED 2 KG...
HE'S TOO MUCH! HE'S REALLY TOO MUCH!
SO I'LL FIGHT OFF THIS COLD... I'LL SHOW HIM!!


SALE

SHIT, I HAVE A RUNNY NOSE...

AAAAAAAHHCHOOO!


¥1,280
¥348
LET'S SEE, A QUICK REMEDY...

PAVLOV ACE?
YOUPIYOUPI GOLD? WHAT ARE THESE?
MIKU...
WHAT ARE YOU DOING HERE?
AH!!
FOR MY COLD! TO GET RID OF IT
AND YOU STILL DON'T REALIZE THAT THIS STUFF IS USELESS?
WHAAAAT?! SO THEN...?
AH, YOU
YOU'VE WORKED FOR ME FOR ALMOST THREE MONTHS

I ALREADY TOLD YOU. YOU CAUGHT A COLD BECAUSE YOU EAT TOO MUCH AND DON'T EXERCISE ENOUGH.
HUUUHH?!
TONIGHT, WORK UP A GOOD SWEAT AND GO TO BED WITHOUT DINNER. YOU'LL REGAIN YOUR STRENGTH, AND LOSE SOME WEIGHT, TOO!
I'M COMING!
WHAT A SURPRISE!
HEY! RIN-CHAN, WHY ARE YOU HERE?

I DON'T SEE WHY I WOULD BE!!
THEN I'LL SEE YOU AT WORK ON MONDAY!
WHERE ARE YOU GOING?
To see the girls?
JUST TO HAVE A LITTLE FUN BEFORE THE WEEKEND
ARE YOU WORRIED?
OF COURSE, IT'S NONE OF HIS BUSINESS!
GRRRRR... THAT BAST/RD! I'M NOT SUPPOSED TO EAT DINNER...?
I'M PISSED...

I'M SURE HE SAYS THAT TO ALL THE GIRLS.
DO YOU WANT TO MARRY ME?!
TAKE A LOOK AT THAT!
OF COURSE I DIDN'T TAKE IT SERIOUSLY, BUT STILL, IT'S ANNOYING...
MY WORD, THEY SEEM TO BE REALLY IN LOVE!

I HAVE TO GET BETTER TONIGHT, NO MATTER WHAT!!

I'M ANGRY WITH HIM... AND WITH MYSELF, AS WELL!!

I'LL GO SHOPPING TOMORROW, SINCE IT'S BEEN AGES!

BUT...

WHY AM I SO ANGRY?

AAARGH... IT MADE MY FEVER EVEN HIGHER!!

SEE YOU LATER, RIN-CHAN!
BYE...
WELL
WHAT SHOULD I DO NOW?

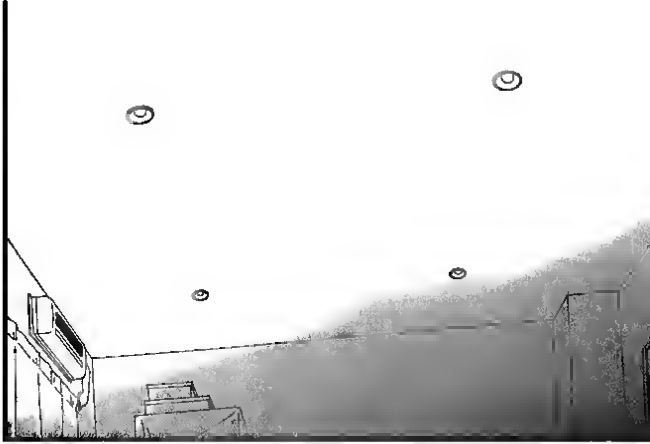
I DID AS HE SAID AND DIDN'T EAT DINNER, BUT NOW MY FEVER'S EVEN WORSE...
I KNEW I SHOULD HAVE TAKEN THOSE MEDICINES...!
I'M COLD...
I'M SHIVERING ALL OVER, AND I HURT ALL OVER..

IT'S NO SURPRISE THAT MY HEAD IS SPINNING...
THIS IS MY FIRST TIME BEING SICK AS AN ADULT...
IT'S THE MIDDLE OF THE NIGHT, AND TOMORROW IS SUNDAY, SO ALL THE CLINICS WILL BE CLOSED...
WHAT?!
38 DEGREES?!
38.0℃
WHAT SHOULD I DO?
WHAT SHOULD I DO?
I FEEL SO ALONE.
MIKU...
HOW ARE YOU DOING?

I RANG ON THE INTERCOM, BUT YOU DIDN'T ANSWER I GUESS YOU DIDNT HEAR ME
HUH...
DOCTOR...?
AND YOUR CLOTHES ARE TOO LIGHT!
LET'S TRY SOAKING YOUR FEET
IT'S STILL 38 DEGREES!
YOU HAVE TO PUT IN MORE EFFORT
THAT'S EASY FOR YOU TO SAY...

I'LL MAKE YOU SOME GINGER HERBAL TEA
DOCTOR, IT'S SCALDING HOT ..
DRINK IT AND GO TO BED. IT'LL HELP YOU WORK UP A SWEAT AND YOU'LL BE BETTER IN NO TIME
IT NEEDS TO BE. IT'LL PROMOTE SWEATING
YOU'RE SO NICE ..
DOCTOR ..
I'D BE REALLY ANNOYED IF YOU WEREN'T AROUND
LET'S MAKE THIS CLEAR..

I CAN'T BELIEVE THIS GUY!
IF YOUR CLOTHES GET SOAKED, CHANGE THEM YOURSELF.
HE'S JUST FULL OF DIRTY TRICKS!
BUT...
EVEN THOUGH HE'S LIKE THIS. . I FEEL BETTER HAVING HIM BY MY SIDE RIGHT NOW...

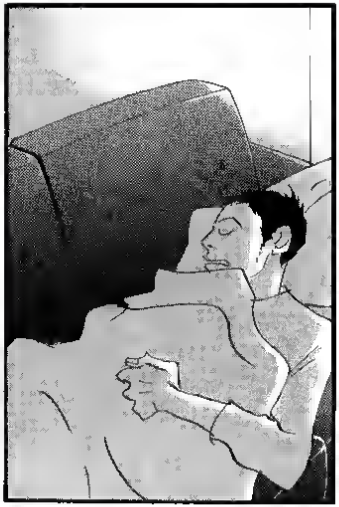


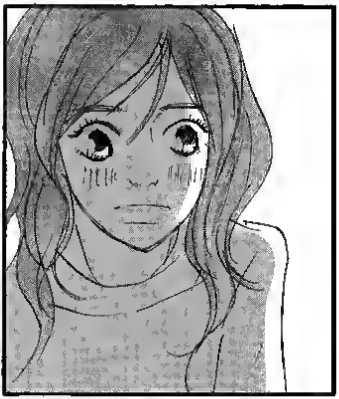
...

DID MY FEVER... GO DOWN?

I FEEL BETTER...

THANK YOU,
DOCTOR RINTARO.



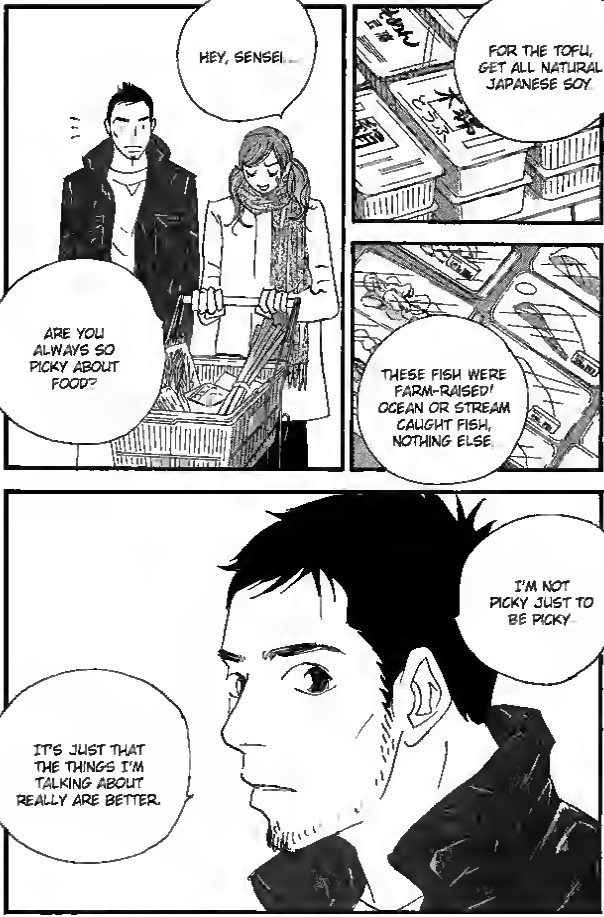


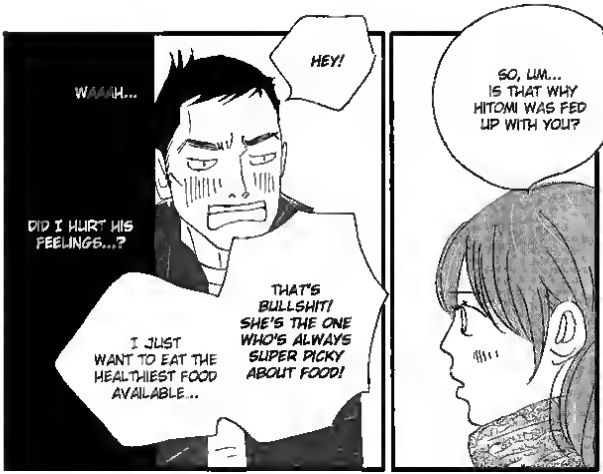
HEY, CALM DOWN. DON'T FORGET, YOU'RE STILL RECOVERING.
WELL, I FEEL SO LIGHT. I REALLY FEEL GOOD!
I EVEN WENT DOWN FROM MY PREVIOUS WEIGHT.
I DIDN'T THINK THAT JUST STAYING IN BED WOULD CURE MY FEVER
THIS IS THE FIRST TIME I'VE GOTTEN OVER A FEVER WITHOUT TAKING ANY MEDICINE FOR IT!!
IN ANY CASE, I'LL COOK SOMETHING GOOD, JUST FOR YOU.

THAT'S NICE OF YOU.
BUT YOU SAW WHAT HAPPENS WHEN YOU EAT TOO MUCH. SO DON'T DO IT AGAIN.
YOU DON'T HAVE TO WORRY ABOUT THAT. I'M CAREFUL.

*NABEMONO DESCRIBES ANY SOUP-BASED DISH THAT IS COOKED IN A BOILING POT. ONE WELL-KNOWN EXAMPLE OF A NABEMONO-STYLE DISH IS SUKIYAKI
PONZU SAUCE IS A CITRUS BASED VINEGAR SAUCE

HONESTLY, DO YOU WANT ME TO DIE BEFORE MY TIME?
DON'T BE STUPID!
READ THE LABEL.
IT USES A LOT OF PRE-SERVATIVES!
WHAT?!
HEY!
SALE!
98円
LET'S SEE, VEGETABLES CHINESE CABBAGE.
AH! IT'S ON SALE! WOAH, IT'S CHEAP!
YOU HAVE TO EAT BETTER QUALITY FOOD, EVEN IF IT COSTS MORE
THE ORGANIC FRUITS AND VEGETABLES ARE OVER THERE!

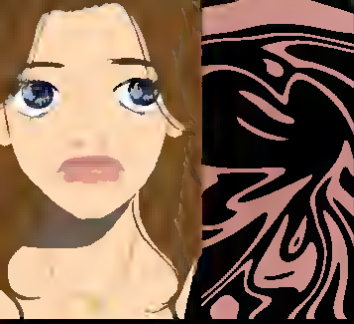

HEY, SENSEI...
ARE YOU ALWAYS SO PICKY ABOUT FOOD?
FOR THE TOFU, GET ALL NATURAL JAPANESE SOY.
THESE FISH WERE FARM-RAISED! OCEAN OR STREAM CAUGHT FISH, NOTHING ELSE.
I'M NOT PICKY JUST TO BE PICKY.
IT'S JUST THAT THE THINGS I'M TALKING ABOUT REALLY ARE BETTER.


WAAAH...
HEY!
DID I HURT HIS FEELINGS...?
I JUST WANT TO EAT THE HEALTHIEST FOOD AVAILABLE...
THAT'S BULLSHIT! SHE'S THE ONE WHO'S ALWAYS SUPER PICKY ABOUT FOOD!
SO, UM... IS THAT WHY HITOMI WAS FED UP WITH YOU?

I COULD NEVER GO OUT WITH SUCH A COMPLICATED GUY!

THERE'S NO WAY!

THAT WAS MY REASON, BUT I WAS SURPRISED HOW SUCCESSFUL I WAS.



BODY AND SOUL

BY: ERICA SAKURAZAWA

CHAPTER 6

TRANSLATED BY:
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Body & Soul

vol. 7

Doctor Taku's recipe to have a "longing body".

#7

Synchronizing the body with the seasons.

The same way it's best to eat mackerel in autumn, when the sea has just begun to get colder, everything in nature knows the time when it is at its peak. In order to keep track, long ago, we created the 24 season calendar, which divided the year into 24 segments that are about 15 days each. "Water drawing" (O-Mizutori) is during the period known as "The Great Cold." In the middle of winter, vegetation is sparse, and the ground is covered with snow, but the dry air changes the earth's surface in a horned layer that maintains a consistent ground temperature. Little by little, slush seeps in and mixes in with the underground water. This water is rich in minerals because it absorbed them on its slow journey through the soil. It's delicious for vegetation.

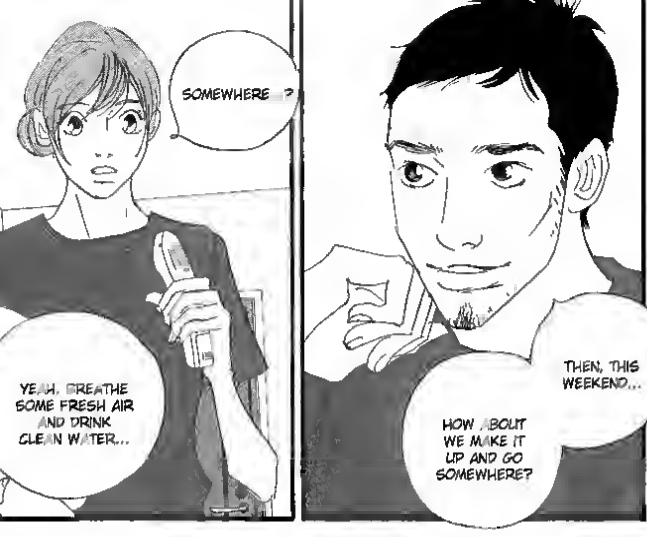
The full flowers in spring are just one of the results of the nourishing minerals that gradually gathered in the water during the cold season. The goal of O-Mizutori is to drink this rich water so that your body can take advantage of it as well. In other words, invite the spring into your body! This is just one of many examples of how we can become beautiful by gathering a harvest during every season.

"ILLNESS DOESN'T TAKE [illegible] OFF."
THAT'S [illegible] DR. RINTARO SAYS...

SO [illegible] OF [illegible] WE'RE EVEN OPEN ON
CHRISTMAS [illegible] YEAR'S DAY...

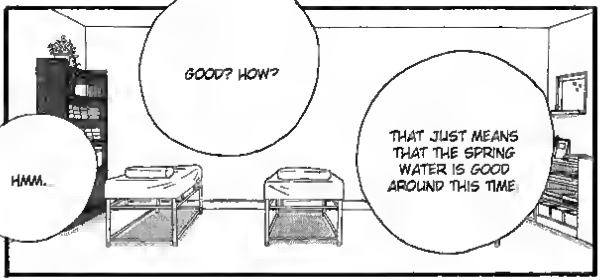
IT'S NO FUN WORKING WHILE OTHERS ARE TAKING A BREAK.
OK, THEN.
AH, GOOD MORNING, MRS. SEKIGUCHI.
DO YOU NEED TO MAKE AN APPOINTMENT?
SUDDENLY, I REALIZED THAT IT WAS A NEW YEAR.
HEY, MIKU!
DID YOU VISIT A SHRINE?
WOW! 35 MILLION VISITORS!
HOW COULD I DO THAT?!
DURING MY VACATION? I DIDN'T HAVE ANY VACATION!

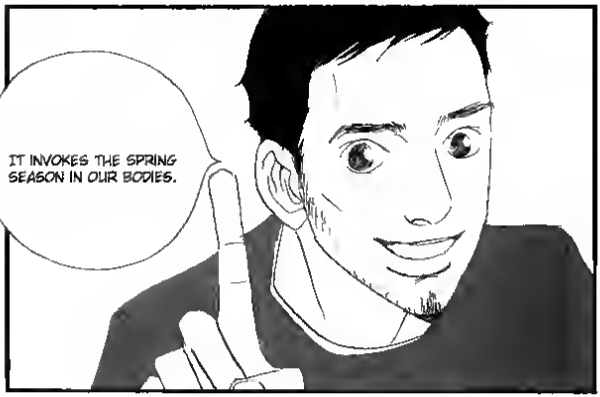
*THE AUTHOR IS PROBABLY REFERRING THE NUMBER OF VISITORS TO THE MEIJI SHRINE IN TOKYO


SOMEWHERE ?
YEAH. BREATHE SOME FRESH AIR AND DRINK CLEAN WATER...
THEN, THIS WEEKEND...
HOW ABOUT WE MAKE IT UP AND GO SOMEWHERE?

SERIOUSLY? ARE YOU ASKING ME OUT ON A DATE?
WANNA GO ROUGH IT UP IN THE WILD?
IT'S TRUE, I'M A CITY GIRL..

OH...
DON'T TAKE THIS LIKE I'M ASKING YOU OUT ON A DATE OR ANYTHING...
CAN HE READ PEOPLES' HEARTS?!
IT'S FINE WITH ME!
IT'S...
YOU KNOW THE OLD CALENDAR IS DIVIDED INTO 24 SEASONS...
WE'RE CURRENTLY IN THE SEASON OF "THE GREAT COLD."
WHAT'S THIS SUDDENLY?
THE CALENDAR INDICATES THAT WE'RE IN MIDDLE OF "THE GREAT COLD."
SHALL WE DO "O MIZUTORI"?
MEANING ..?

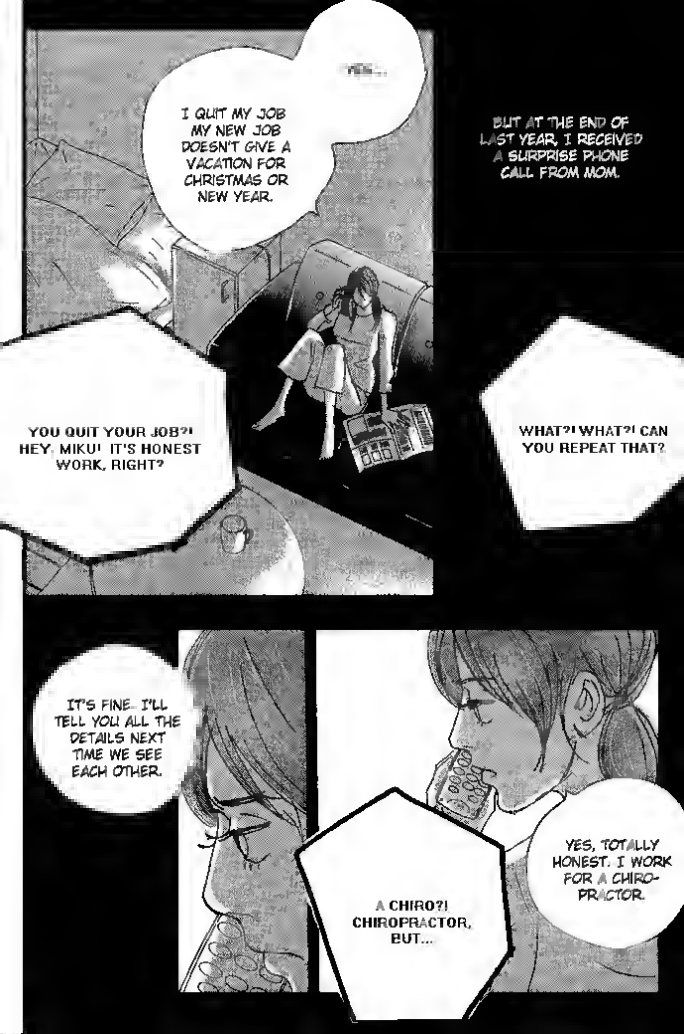

GOOD? HOW?
HMM...
THAT JUST MEANS THAT THE SPRING WATER IS GOOD AROUND THIS TIME.


IT INVOKES THE SPRING SEASON IN OUR BODIES.

...
THEN
ARE YOU OK WITH THAT?

HE GOES OUT CLUBBING, BUT THAT DOESN'T STOP HIM FROM HAVING AN "OLD FASHIONED" SIDE TO HIM.
WELL THE, I'LL SEARCH ON THE WEB.
WE'LL NEED A SHRINE THAT'S FAMOUS FOR ITS SPRING WATER.. DO YOU KNOW OF ONE?
REALLY, I DON'T KNOW WHAT TO THINK OF HIM.
HE SEEMS TO BE ALONE, ASIDE FROM SEEING HIS EX AND THOSE GIRLS FROM THE OTHER DAY. HIS RELATIONSHIP WITH WOMEN IS A TOTAL ENIGMA...
O MIZUTORI...
NO...I DON'T...

GREAT!
WE'LL GO TO THAT ONE...
WE HAVE TO CELEBRATE THE NEW YEAR. AND AFTERWARDS, YOU CAN PAY A VISIT TO YOUR PARENTS
THERE'S A SHRINE IN MY HOMETOWN THAT'S QUITE FAMOUS FOR ITS SPRING. I REMEMBER AROUND THIS TIME OF YEAR A LOT OF PEOPLE WOULD COME TO DRAW WATER FROM IT.
GOING OUT WITH A GUY LIKE HIM WOULD BE FULL OF DIFFICULTIES!
ACTUALLY!
THEN IT'S DECIDED!
WHAT? I'LL GO IF I WANT TO!!
EVEN IF "IT'S DECIDED"...
I'VE DECIDED TO NOT VISIT HOME FOR A WHILE!


I QUIT MY JOB MY NEW JOB DOESN'T GIVE A VACATION FOR CHRISTMAS OR NEW YEAR.
BUT AT THE END OF LAST YEAR, I RECEIVED A SURPRISE PHONE CALL FROM MOM.
YOU QUIT YOUR JOB?! HEY, MIKU! IT'S HONEST WORK, RIGHT?
WHAT?! WHAT?! CAN YOU REPEAT THAT?
IT'S FINE. I'LL TELL YOU ALL THE DETAILS NEXT TIME WE SEE EACH OTHER.
A CHIRO?! CHIROPRACTOR, BUT...
YES, TOTALLY HONEST. I WORK FOR A CHIRO-PRACTOR.

"IT'S DECIDED..."
I UNDERSTAND...
IT'LL BE THE FIRST TIME I'VE SEEN THEM IN A WHILE. WHY DOES IT HAVE TO BE WHEN THE DOCTOR IS WITH ME?
AT LAST...
I'LL STILL GO, BUT I DON'T WANT TO SEE MY FAMILY...

IF I CONTINUE TO LET HIM DECIDE THINGS FOR ME,
HE'LL END UP LEADING ME AROUND.
MAYBE I'M TOO WEAK WHEN IT COMES TO DETERMINED GUYS.
MAYBE I LACK PERSONALITY...
THAT'S MY [illegible] PROBLEM.
That's amusing.
Doctor, it's too much!

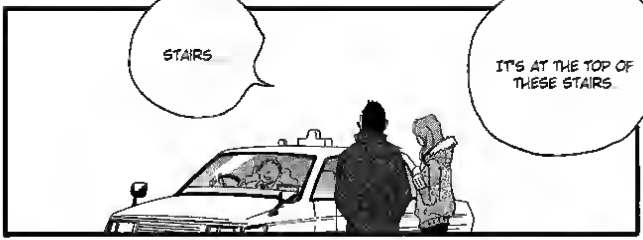
THIS SHRINE IS REALLY BIG, AND QUITE GOOD...
YES. IT'S VERY BUSY.

I SEE ...
I DON'T KNOW WHY, BUT IT SEEMS A BIT SINISTER.
OH, REALLY?
LET'S GO LOOK FOR THE SPRING.

HERE IT IS
THIS ISN'T SPRING WATER
AH, YOU'RE RIGHT...
IT STINKS OF LIMESTONE

SOMEWHERE ELSE? BUT WHERE...?
NO POINT IN DRINKING IT...
LET'S GO SOMEWHERE ELSE!
WHAT?!
IS THERE ONE THAT'S FAMOUS FOR ITS SPRING?
A SHRINE?
THERE ARE LOTS OF THEM...

GOLDEN BLOSSOMS?
IT'S SAID THAT IF YOU SEE IT WHILE THE TREE IS IN BLOOM, YOU'LL BE PROSPEROUS FOR THE REST OF YOUR LIFE
FOR ITS SPRING...?
MAYBE THE ONE THAT HAS THE CHERRY TREE WITH GOLDEN BLOSSOMS
PERFECT!
LET'S GO THERE!
DOCTOR, WHAT ABOUT THE SPRING?


STAIRS...
IT'S AT THE TOP OF THESE STAIRS.

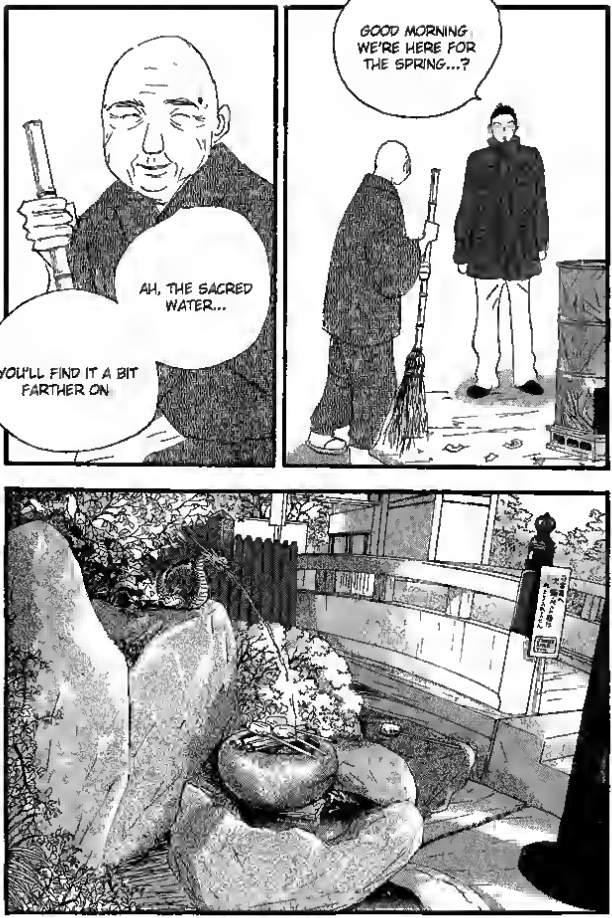
DOOOC-TOOOR...
YEAH, THE SHRINES THAT GRANT WISHES ARE ALWAYS IN THE MIDDLE OF THE MOUNTAINS.

TRUST ME, COME ON.
COME...

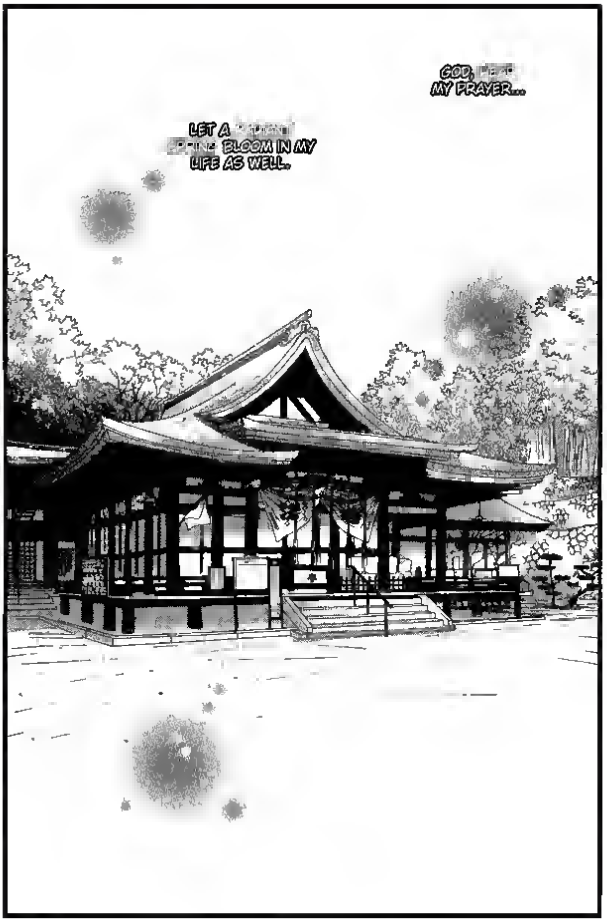
...

WHAT A SURPRISE...!
IS HE MAKING MY HEART RACE?!
Ba Thump
AH...

HUFF...
HUFF...
IT MUST BE BECAUSE ALL THESE STAIRS ARE TIRING.
NO WORSHIPPERS?
I DIDN'T EVEN KNOW THERE WAS A SHRINE HERE, AND I LIVE IN THIS CITY

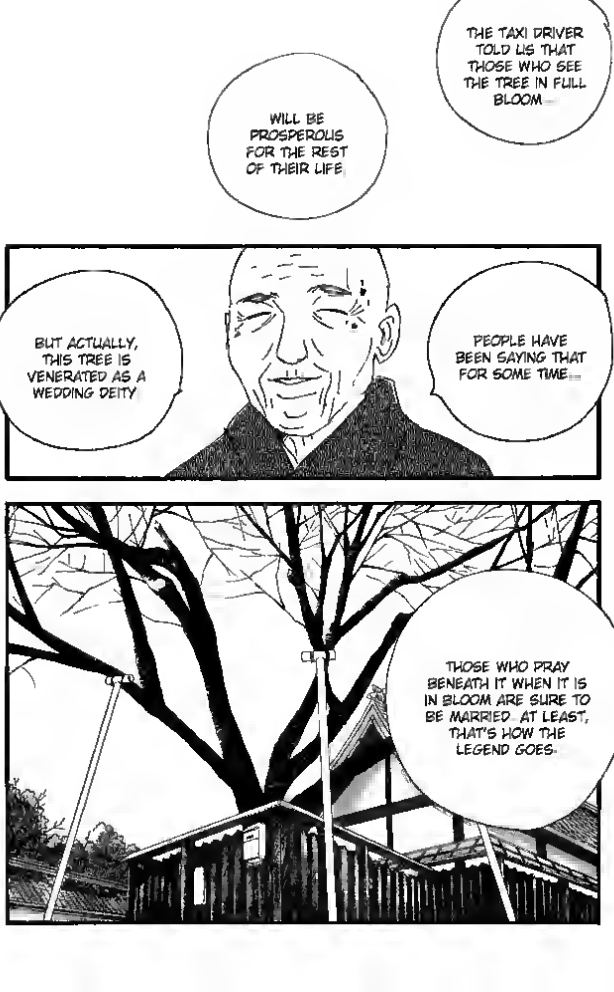

GOOD MORNING! WE'RE HERE FOR THE SPRING...?
AH, THE SACRED WATER...
YOU'LL FIND IT A BIT FARTHER ON.

THE TREES IN THE FOREST DRAW FROM THIS WATER BEFORE SPRING ARRIVES...
IT MAKES ME FEEL GOOD...
IT FEELS LIKE SPRING IS BLOOMING INSIDE ME....
HMM...
IT'S SOFT AND LIGHT. REALLY DELICIOUS...


GOD, HEAR
MY PRAYER...
LET A
BLOOM IN MY
LIFE AS WELL.

THE FAMOUS CHERRY TREE WITH GOLDEN BLOSSOMS?!
OH...
ISN'T THAT...

WOAH... IT MUST BE FANTASTIC WHEN IT'S IN BLOOM!
AT FIRST, ITS FLOWERS ARE LIGHT GREEN. AS IT BLOSSOMS, THEY BECOME A GOLDEN YELLOW.
IT'S A SAFFRON CHERRY TREE


THE TAXI DRIVER TOLD US THAT THOSE WHO SEE THE TREE IN FULL BLOOM...
WILL BE PROSPEROUS FOR THE REST OF THEIR LIFE.
BUT ACTUALLY, THIS TREE IS VENERATED AS A WEDDING DEITY.
PEOPLE HAVE BEEN SAYING THAT FOR SOME TIME...
THOSE WHO PRAY BENEATH IT WHEN IT IS IN BLOOM ARE SURE TO BE MARRIED. AT LEAST, THAT'S HOW THE LEGEND GOES.

IF I HAD KNOWN, I WOULDN'T HAVE COME WITH YOU!
I WAS JOKING. DON'T BE ANGRY.
YOU TWO SEEM TO HAVE COME A BIT TOO EARLY.
//
Ha Ha Ha
Ha Ha Ha
TOO BAD!
WE SHOULD COME AGAIN, WHEN IT BLOSSOMS..
BUT NOT BECAUSE OF THE SUPERSTITION, JUST TO ADMIRE IT.

...
WHAT'S THE PROBLEM?
HM...?
I NO LONGER KNOW WHAT TO THINK. AND I HATE THAT.
ONE MOMENT YOU'RE NASTY, AND THE NEXT, YOU SAY SOMETHING THAT GETS MY HOPES UP...
WHY ARE YOU ALWAYS SO MISCHIEVOUS?

DO YOU LIKE ME OR NOT?!
HEY NOW, WHAT DID I SAY THAT GOT YOUR HOPES UP?
YOU BRING THEM UP, THEN YOU BRING THEM DOWN!
ARGHH, I COULD BEAT YOU FOR THAT!!
WHAT DO YOU THINK ABOUT ME?
WELL WHAT ABOUT YOU?
SEE! YOU'RE NOT GIVING ME AN ANSWER!
I ASKED YOU A QUESTION!

MIKU?
HAVE YOU EVER GONE AFTER A GUY YOU LIKE?
OR DO YOU ALWAYS WAIT FOR A GUY THAT LIKES YOU TO MAKE THE FIRST MOVE, AND THEN FOLLOW HIM?
DOCTOR...?
WELL, I REALLY DON'T LIKE THAT KIND OF WOMAN.

IF YOU REALLY LIKE ME, I'LL ALWAYS BE HERE FOR YOU.
I'VE BEEN READY FOR A LONG TIME, YOU KNOW?
HUH...?
WHY DID HE SAY THAT?
HE TOOK ME BY SURPRISE...

I ABSOLUTELY HATE HIM FOR THAT. BUT WHAT CAN I SAY TO HIM?
OF...
OF COURSE
THERE'S NO QUESTION OF IT - I LOVE HIM OR NOT. I HATE HIM...
WELL...
YOU'RE STILL JUST A KID. MAYBE YOU STILL DON'T KNOW HOW TO LOVE SOMEONE ELSE.

IF I HAVE SO MANY GRUDGES HIM...
BUT, IT'S JUST THAT...
OF COURSE I'M A KID!
YES, JUST A KID, SORRY!!
MAYBE IT'S BECAUSE HE JUST PLAYS WITH ME.

AH, HELLO, MOM?
CAN I PAY YOU A VISIT?
IT'S ME...
IN FACT, I'M NOT TOO FAR FROM HOME
I OWE SO MUCH TO YOUR DAUGHTER.
NICE TO MEET YOU. I'M RINTARO MORIYA.

AND WHAT [redacted] EVEN THOUGH I'D [redacted] I WOULDN'T VISIT HOME?

IT WAS [redacted] BECAUSE I [redacted] IN SHOCK [redacted] WHAT HE'D SAID...

BODY AND SOUL

BY: ERICA SAKURAZAWA

CHAPTER 7

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